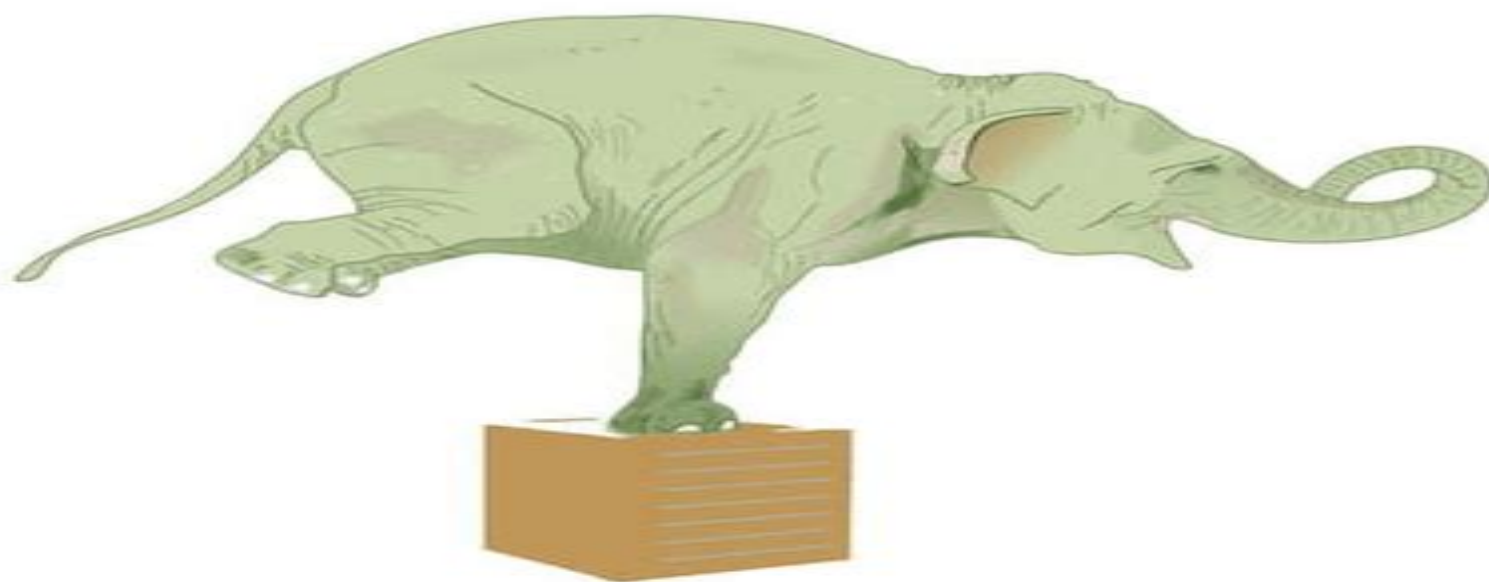


HOW TO TRAIN A WILD ELEPHANT

& OTHER ADVENTURES IN MINDFULNESS



SIMPLE DAILY MINDFULNESS PRACTICES
FOR LIVING LIFE MORE FULLY & JOYFULLY

Jan Chozen Bays, MD Author of *Mindful Eating*

How To Train A Wild Elephant And Other Adventures In Mindfulness

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