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Pain, Reduce Stress, And Restore Well-Being---An Eight-
Week Program By Vidyamala Burch**

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You are not your pain: an interview with

Vidyamala Burch is the founder of Her most recent book is You Are Not Your Pain: Using Mindfulness to Relieve and Restore Well-Being An Eight-Week Program.

Free meditations from mindfulness for health (you

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" you are not your pain" book launch - mindful

Vidyamala will be launching You Are Not Your Pain at The New York Zen Center for Contemplative Care Thursday, May 28th.

Frequently asked questions about living with

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