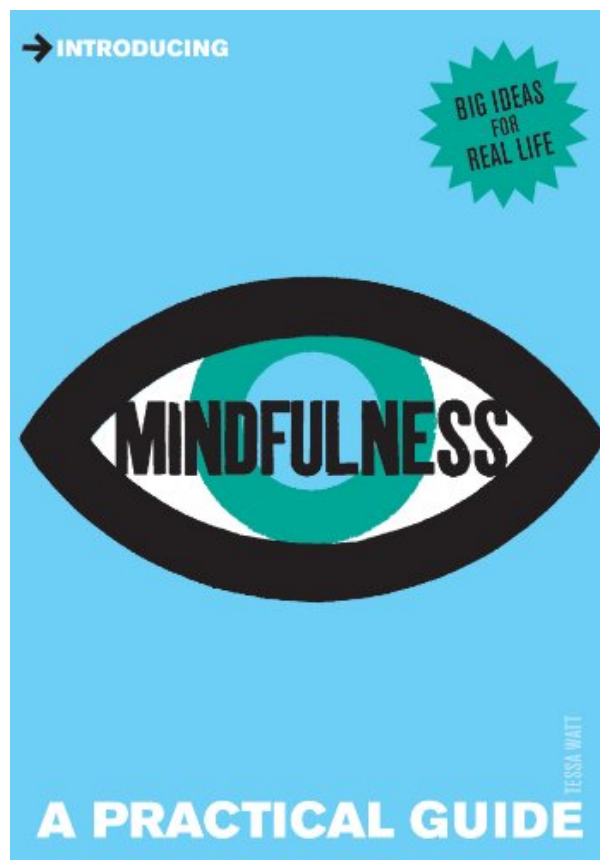
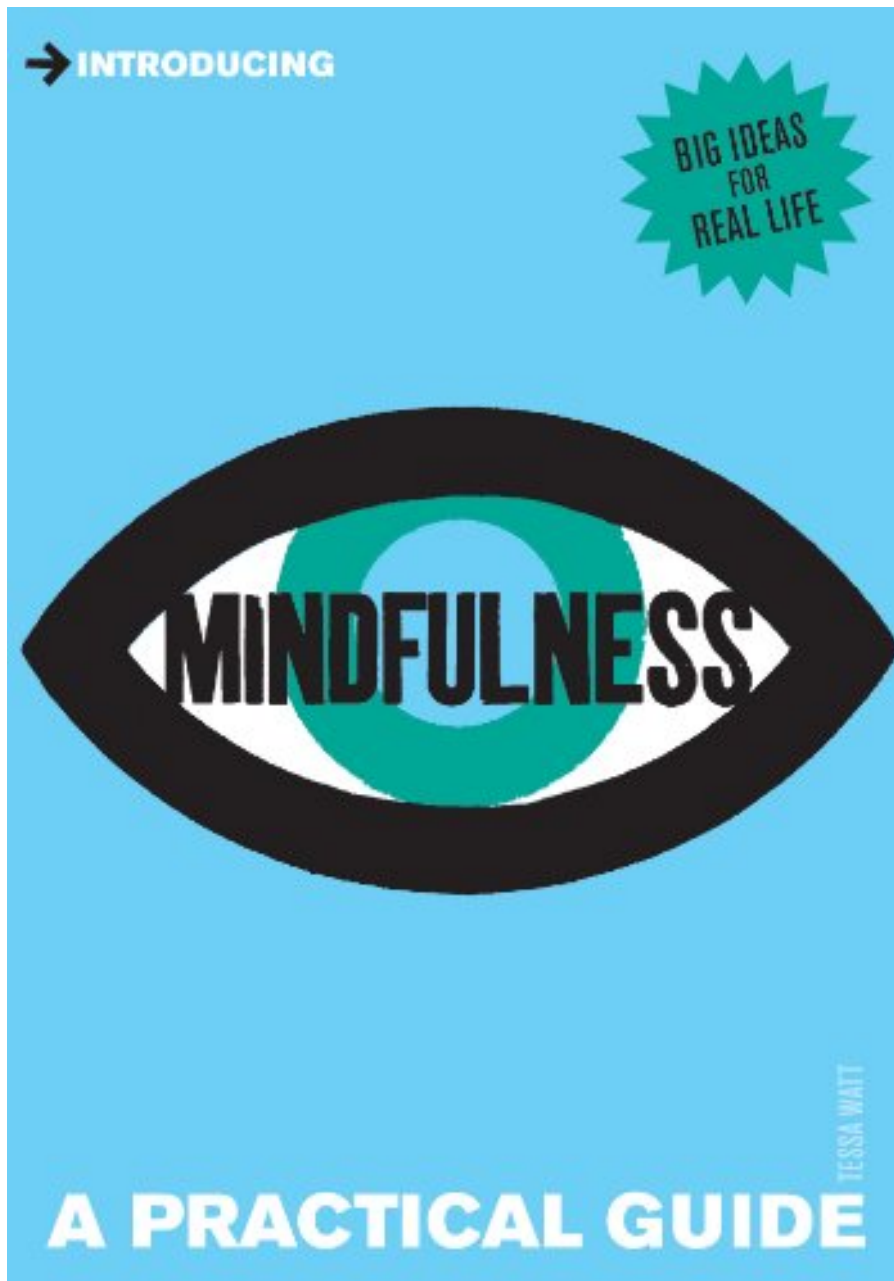


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About the Author

Tessa Watt teaches mindfulness and is co-director of Being Mindful, which offers mindfulness training for the public and in organisations. She is a founding director of Slow Down London, a project encouraging city-dwellers to challenge the cult of speed and appreciate the world around us.

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