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Loch Kelly, M.Div., LCSW is author of the award-winning book, *The Way of Effortless Mindfulness*. He is a licensed psychotherapist and recognized leader in the field of meditation and awakening.

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He is the founder of the non-profit, Open-Hearted Awareness Institute and has worked in community mental health, established homeless shelters and counseled family members of 9/11.

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book Effortless Mindfulness: Genuine Mental Health Through Awakened Presence is an essential read for those seeking to separate mindfulness facts from mindless fictions and for all psychotherapists interested in using mindfulness techniques in practice. Its meteoric rise in popularity has been accompanied by numerous

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Effortless Mindfulness On March 3, Lisa Dale Miller presented to a large audience a clear and concise look at the skillful application of Buddhist mindfulness in clinical and counseling

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applications based on her book

“Effortless Mindfulness: Genuine Mental Health Through Awakened Presence”.

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Lisa is the author of a highly regarded
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Mindfulness: Genuine mental health through awakened presence. Training clinicians in the practical application of Buddhist psychology is her greatest joy. Lisa has been a yogic and Buddhist meditation practitioner for four decades.

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Lisa is the author of a highly regarded textbook on Buddhist psychology for mental health professionals, *Effortless Mindfulness: Genuine mental health through awakened presence*. Training clinicians in the practical application of Buddhist psychology is her greatest joy. Lisa has been a yogic and Buddhist meditation practitioner for four decades.

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