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Now and Zen: How mindfulness can change your brain and improve your health Longwood Seminars, March 8, 2016 Content provided by Harvard Health Publications

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Mark Richardson | Zen & Now: On the Trail of Robert Pirsig

The Digital Zen Alarm Clock V.2.0 by Zen Clocks are the creation of Steve McIntosh UTILITY PATENT PENDING Designed in Boulder and made in Shen Zhen, China by Now & Zen, Inc. P.O. Box 110, Boulder, CO 80306 (800) 779-6383 â€¢ e-mail: orders@now-zen.com www.now-zen.com The names â€œDigital Zen Alarm Clock,â€• â€œZen Clock,â€•

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zen to done - The Spinach Man

Being Here Now & Being On Time Now & Zen. Page 3: The Zen Alarm Clock. Ways to Use the Clock growth. The Zen Alarm Clock can effect your awareness in a The clock can be used simply as a pleasant way to wake up. variety of positive ways, all of which require your participation. Page 4

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Class Descriptions Zen and Now Yoga Studio

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