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"Coming to our senses involves cultivating an overarching awareness of all our senses, including our own minds, and their limitations, including the temptation when we feel deeply

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insecure and have a lot of resources, to try to control as rigidly and as tightly as possible all variables in the external world, an impossible and ultimately depleting, intrinsically violent, and self-exhausting enterprise.”

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Jon Kabat-Zinn: Coming to Our Senses

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