



# In The Flow: Passion, Purpose and the Power of Mindfulness

*Deborah Norris Ph.D.*

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In the Flow: Passion, Purpose and the Power of Mindfulness will change the way you live your life! In clear and captivating style, neuroscientist, Dr. Deborah Norris, lays out new theories in the science of mindfulness, revealing how simple practices are able to help remove our roadblocks to health and happiness. You can get back In the Flow and live the life of your own choosing by identifying and using mindfulness practices that work for you.

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