

# **MINDFULNESS FOR POSITIVE CHANGE: EXPLORE SELF-AWARENESS & SELF-COMPASSION THROUGH MINDFULNESS**

**Denece Egelhoff**

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Conclusions from Genesis Back to Table of Contents Back to Table of Contents In the opening chapters of the Bible, God creates the world and brings us forth to join him in further creativity.

This is a rather common attitude which, however, could lead to serious bias. M will also lead to the love of her life, a love that stands out from all the rest.

