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# REDUCING WORKPLACE STRESS WITH MINDFULNESS

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An Infopeople Webinar

Resources for Personal Practice and Collection Development

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<http://doi.org/10.1016/j.cpr.2011.04.006>

Mindful Magazine. [www.mindful.org](http://www.mindful.org)

Mindfulness for Librarians. Facebook Group.

[www.facebook.com/groups/mindfulnessforlibrarians](http://www.facebook.com/groups/mindfulnessforlibrarians)

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Williams, J. M. G., Penman, D., & Kabat-Zinn, J. (2012). *Mindfulness: An eight-week plan for finding peace in a frantic world*.

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