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## **Jennifer zimmermann (author of coloring zen for the stressed out**

and painting. She adores all things modern, animals and plentiful sunshine! Coloring Zen for the Stressed Out Modernist by Jennifer Zimmermann. Coloring

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Mindfulness is the psychological process of bringing one's attention to experiences occurring in .. This influence worked through on Vivekananda, whose modern but Zen Buddhism first gained popularity in the west through the writings of D.T. In 1979, Jon Kabat-Zinn founded the Mindfulness-Based Stress Reduction

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Jennifer is a designer, painter, educator and author of Coloring Zen for the Stressed Out Modernist.

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