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***and holding the happiness and welfare others before oneself.***

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***How to Practice: the way to a meaningful life Review***

***This practice has many similarities with the NLP 'change state' techniques that life coaches and other advisors sometimes deploy in work with their clients. In this practice you imagine:1. Replacing your mind as it ordinarily appears, full of troubling emotions, with a mind of pure wisdom motivated by compassion;2.***

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