



# MOMENT BY MOMENT

*The Art and Practice  
of Mindfulness*

JERRY BRAZA, PH.D.

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Foreward by Thich Nhat Hanh  
Nobel Peace Prize Nominee

# Resumo de Moment by Moment

Based on the Jerry Braza's Mindfulness Training Program, this book provides simple exercises for developing greater awareness and emotional involvement in our daily lives. Braza offers practical guidance on managing stress, quieting the mind, transforming feelings, enhancing productivity, and completing unfinished emotional business.

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