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In the book Savor: Mindful Eating, Mindful Life and companion website, www.savorthebook.com, Dr. Cheung and her co-author, Buddhist spiritual leader Thich Nhat Hanh, suggest several practices that can help you get there, including those listed below. 1. Begin with your shopping list.

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directly-turning your attention toward it, like shining a soft light onto something that's hidden in shadow. Maybe you can "lean into" it with your awareness, as

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