

**MINDFUL CO-WORKING: BE CONFIDENT, HAPPY AND
PRODUCTIVE IN YOUR WORKING RELATIONSHIPS**

Aaron Woodard

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The difficulty of defining mindfulness: current thought and critical issues

Think of mindfulness as a more accessible cousin of flow. By viewing the stress response from this perspective, you see your upcoming problem as a positive challenge and recognize your body preparing to meet it.

What do you love doing? The screen behind him flashed a beige sea of barren cubi Golson.