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Gill Hasson is the author of Mindfulness: Be mindful. Live in the moment works with people from diverse backgrounds and situations. Her key motivation is her belief in the ability of people to positively change their way of thinking - about life, other people, and themselves.

Mindfulness by Gill Hasson

Gill Hasson is a teacher, trainer and writer, based in Brighton. Her expertise is in the areas of confidence and self esteem, communication skills, assertiveness and resilience. She also teaches accredited courses on the subjects of mentoring and counselling skills.

Interview With Gill Hasson - Everyday-Mindfulness

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