

Mindfulness ted talk video.

4 steps to how mindfulness can transform your life

Inner peace and happiness don't come from external conditions

Become conscious of what takes you away from presence and peace

Create the space to choose our response from a wiser place

Discover peace, compassion, and joy of your true nature

<https://www.bing.com/videos/search?q=jo+pang+mindfulness&ru=%2fsearch%3fq%3djo%2bpang%2bmindfulness%26FORM%3dQSRE1&view=detail&mmscn=vwrc&mid=297CF81BC17CFE0E2FBF297CF81BC17CFE0E2FBF&FORM=WRVORC>