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# HUFFINGTON POST, "MINDFULNESS IN THE WORKPLACE: ENHANCED PERFORMANCE AND HAPPIER EMPLOYEES FOR SMALL BUSINESSES"

January 26, 2016

By: Paul Steven Singerman

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An article by Paul Singerman titled "Mindfulness in the Workplace: Enhanced Performance and Happier Employees for Small Businesses," that appeared in *The Huffington Post* on January 27, 2016.

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