

**Mindfulness Burnout Prevention: An 8-Week Course
For Professionals By Christopher Dines**

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writer and founder of Mindfulness Burnout Prevention An 8-Week Course for Professionals. Christopher has led Burnout Prevention: An 8-Week Course

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By Christopher Dines Christopher is the author of Mindfulness How to Manifest Your Dreams and Mindfulness Burnout Prevention: An 8-Week Course

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