

MINDFULNESS



A Practical Guide
to Awakening

Joseph Goldstein

Mindfulness A Practical Guide To Awakening

B Lingard



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can use the following equation to calculate the change in thermal energy
 $q = m \cdot c \cdot \Delta T$
where q is the change in thermal energy in joules (J), m is the mass in kilograms (kg), c is the specific heat capacity in J/kg°C, and ΔT is the change in temperature in degrees Celsius (°C).

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