

**THE YEAR OF THE ROSE: REFLECTIONS OF A NEW
MOTHER AND LESSONS IN MINDFULNESS AND
LOVING-KINDNESS**

Ryan Topel

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In her day job, Chanda works in the Tech industry, lending reality to understanding the stresses of everyday living. R : Recognize.

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His practice is focused on recognizing and cultivating compassion through meditation. This practice can help parents and caregivers, too, by promoting happiness and relieving stress. Back to the knobs of beef and packages of hotdogs.