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### Authentic Living Wednesday at 1 PM Pacific January 27th 2010: Mindful Mending

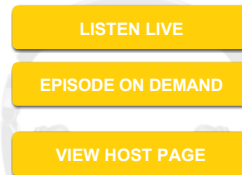
The process of self-healing must, at its most effective, include mindfulness. Our guest for this week is Sue Patton Thoele, author of the book *The Mindful Woman*, along with several others, is here to talk with us about what it means to be mindful. The process of mindfulness is exactly that, a process. And its most important feature is the ability to look within without judgment. This means we don't label our thoughts, feelings, beliefs or even our life events and our responses to them as either good or bad, wrong or right. We simply see them and even learn to sit with them. Sue's work is m

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### Featured Guest



#### Sue Patton Thoele

Sue Patton Thoele is the author of nine books including *The Courage to Be Yourself: A Woman's Guide to Emotional Strength and Self-Esteem*, and *The Mindful Woman: Gentle Practices for Restoring Calm, Finding Balance, and Opening Your Heart*. Sue's strength is in her personable interaction with her readers and followers. She opens her heart and her story for us in a way that invites us into her mind so that we can more clearly see our own. Check out her work at <http://suepattonthoele.com>.

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