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Mindfulness, Meditation, And Increased  
Concentration**

**By William L. Mikulas PhD**

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William L. Mikulas is the author of Taming the Drunken Monkey (3.91 avg rating, 22 ratings, 11 reviews, published 2014), Behavior Modification

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Publications, Minnesota, 2014, 267 pp

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William L. Mikulas, PhD, is the author of Taming the Drunken  
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Concentration. He lives in Pensacola, FL and

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