

## **Arabic**

[Building awareness \(Ar\)](#)

[Grounding Exercise 1 \(Ar\)](#)

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[Grounding Exercise 3 \(Ar\)](#)

[Notice and Name \(Ar\)](#)

[Unhooking from Unkind Thoughts \(Ar\)](#)

[Making Room \(Ar\)](#)

[Being Kind to Yourself \(Ar\)](#)

## **Chinese**

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## **Traditional Chinese**

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## **French**

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## **German**

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## **Hungarian**

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## **Romanian**

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## **Spanish**

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## **Turkish**

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