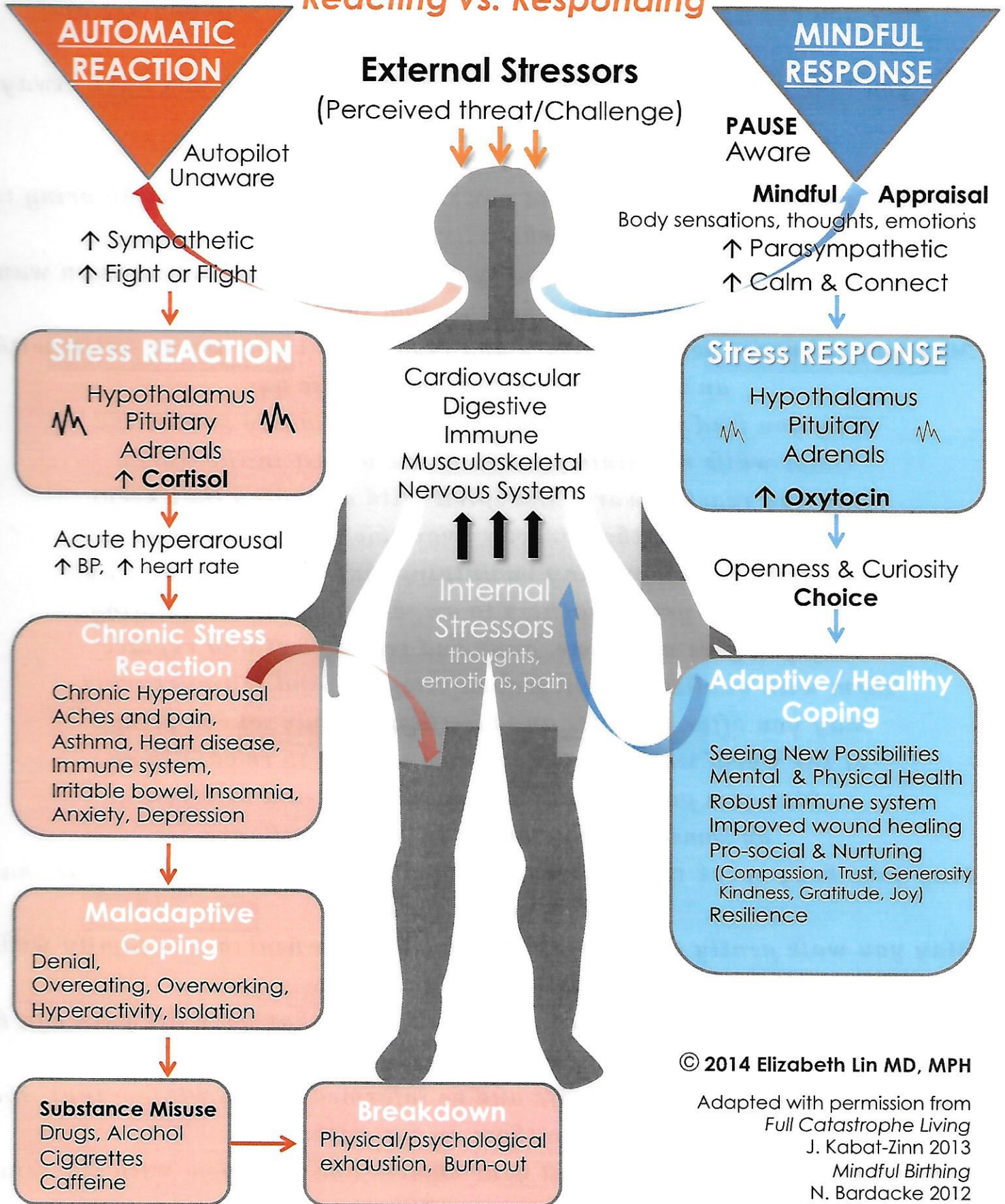


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## Reacting vs. Responding



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Adapted with permission from  
*Full Catastrophe Living*  
J. Kabat-Zinn 2013  
*Mindful Birthing*  
N. Bardacke 2012  
Graphics by R. Ryan