

## CEP Magazine – August 2022 Practicing mindful compliance

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By Matthew Silverman

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In our house, I’m the “expert” on compliance. My wife is the expert on mindfulness—she teaches it for a living. It often occurs to me how her mindfulness practice intersects with my field of work.

Mindfulness is the ability “to be fully present, aware of where we are and what we’re doing, and not overly reactive or overwhelmed by what’s going on around us.”<sup>[1]</sup>



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