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**By Inna Z. Khazan**

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Inna Khazan, Ph.D., BCB. is a Clinical Instructor of author of Clinical Handbook of Biofeedback: A Step-by-Step Guide to Training and Practice with Mindfulness .

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Presenter Bio: Inna Khazan, Ph.D., BCB is a Clinical Instructor of Psychology at Harvard Medical School, where she teaches biofeedback. Dr. Khazan is the author of

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