

# The Habit Of Living By Ernest Mastria

**By Ernest Mastria**

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Dr. Ernest Mastria: I write about this condition in The Habit of Living, p. 136. I see the experience referred to as PMS as the interaction of two conditions.

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He is the Editor of Thirty Thousand Days: A Journal of Purposeful Living and frequently conducts programs for audiences ranging from Zen Center students to mental

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