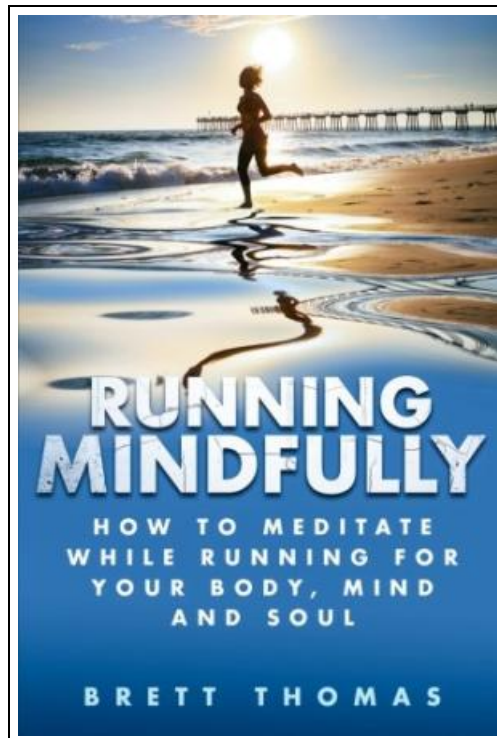


## Running Mindfully: How to Meditate While Running for Your Body, Mind and Soul



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