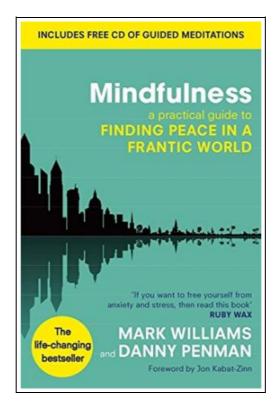
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MINDFULNESS: A PRACTICAL GUIDE TO FINDING PEACE IN A FRANTIC WORLD



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