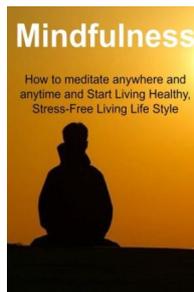# Mindfulness: How to Meditate Anywhere and Anytime and Start Living Healthy, Stre: Mindfulness, Mindfulness Book, Mindfulness Guide,

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