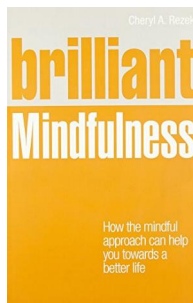# Brilliant Mindfulness: How the mindful approach can help you towards a better life (Mixed media product)

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