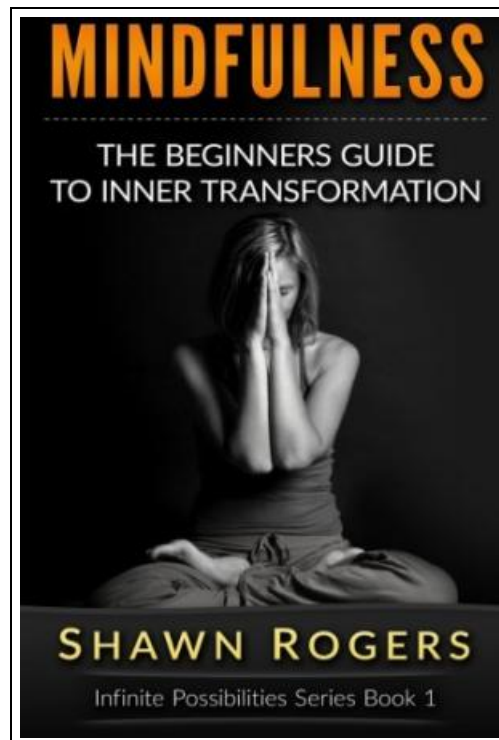


Mindfulness: The Beginner s Guide to Inner Transformation by Reliving Stress and Anxiety



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