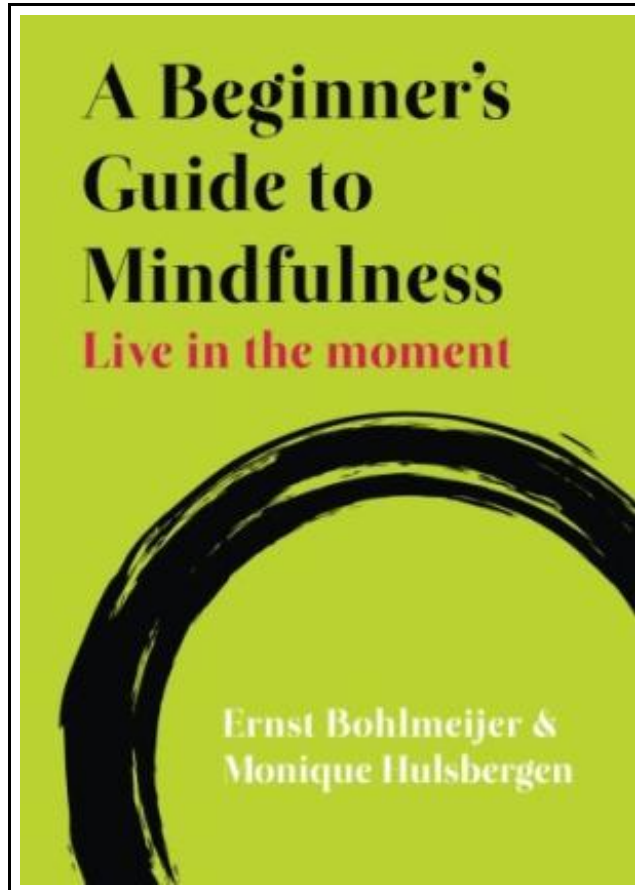


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A BEGINNER'S GUIDE TO MINDFULNESS



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