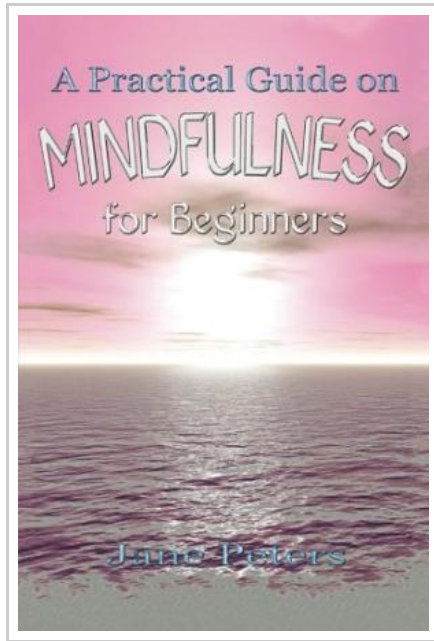




Mindfulness: A Practical Guide on Mindfulness for Beginners

By Jane Peters

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