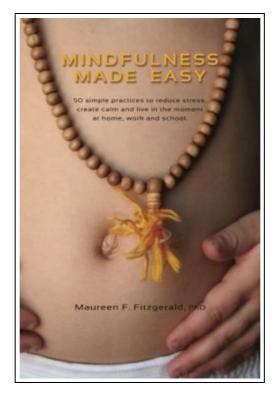
Mindfulness Made Easy: 50 Simple Practices to Reduce Stress, Create Calm, and Live in the Moment - At Home, Work and School (Paperback)



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Reviews

A high quality book and also the typeface utilized was exciting to read. This really is for anyone who statte there was not a worthy of reading. I am easily will get a enjoyment of reading a written ebook.

(Burnice Carter)

MINDFULNESS MADE EASY: 50 SIMPLE PRACTICES TO REDUCE STRESS, CREATE CALM, AND LIVE IN THE MOMENT - AT HOME, WORK AND SCHOOL (PAPERBACK)



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