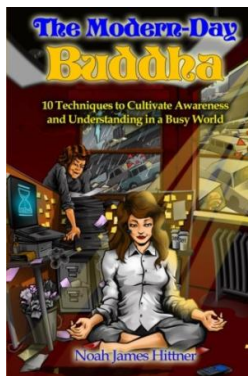


## The Modern-Day Buddha: 10 Techniques to Cultivate Awareness and Understanding in a Busy World



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