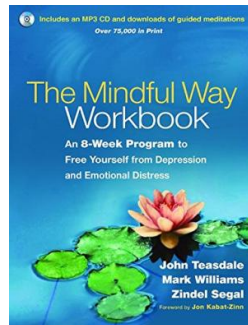


The Mindful Way Workbook: An 8-Week Program to Free Yourself from Depression and Emotional Distress



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