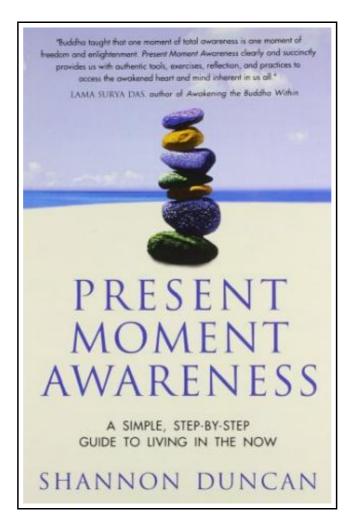
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PRESENT MOMENT AWARENESS: A SIMPLE, STEP-BY-STEP GUIDE TO LIVING IN THE NOW



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