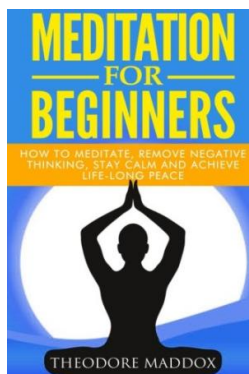


## Meditation for Beginners: How to Meditate, Remove Negative Thinking, Stay Calm and Achieve Life-Long Peace



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