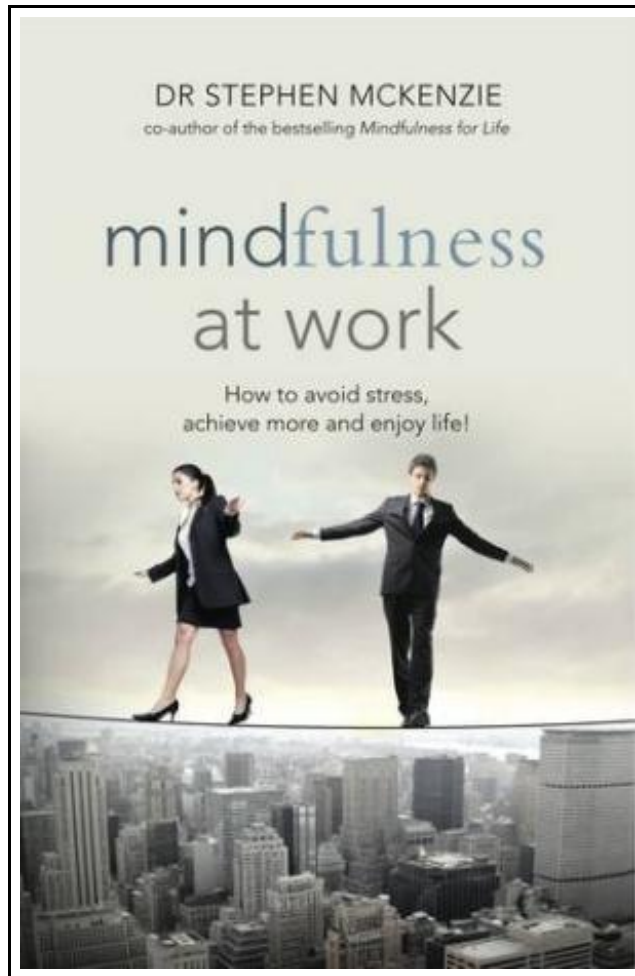


## Mindfulness at Work: How to Avoid Stress, Achieve More and Enjoy Life!



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