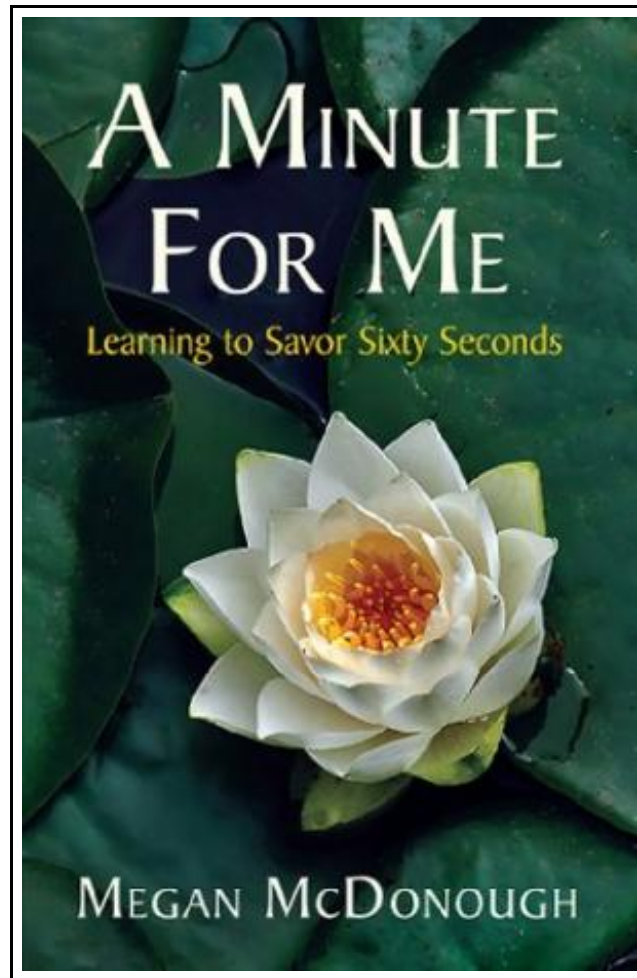


A Minute for Me: Learning to Savor Sixty Seconds (2nd Revised edition)



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