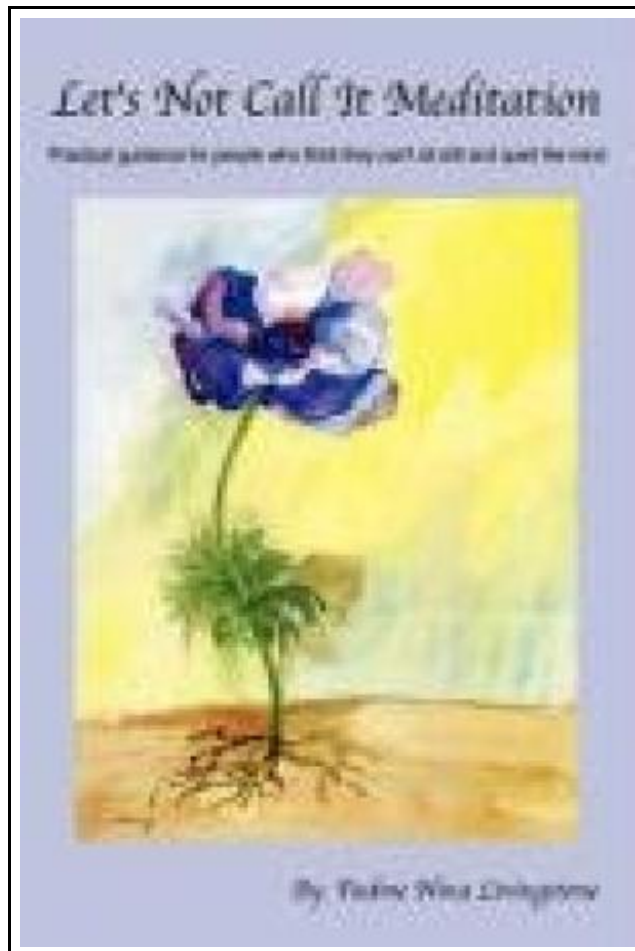


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LET S NOT CALL IT MEDITATION: PRACTICAL GUIDANCE FOR PEOPLE WHO THINK THEY CAN T SIT STILL AND QUIET THE MIND



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