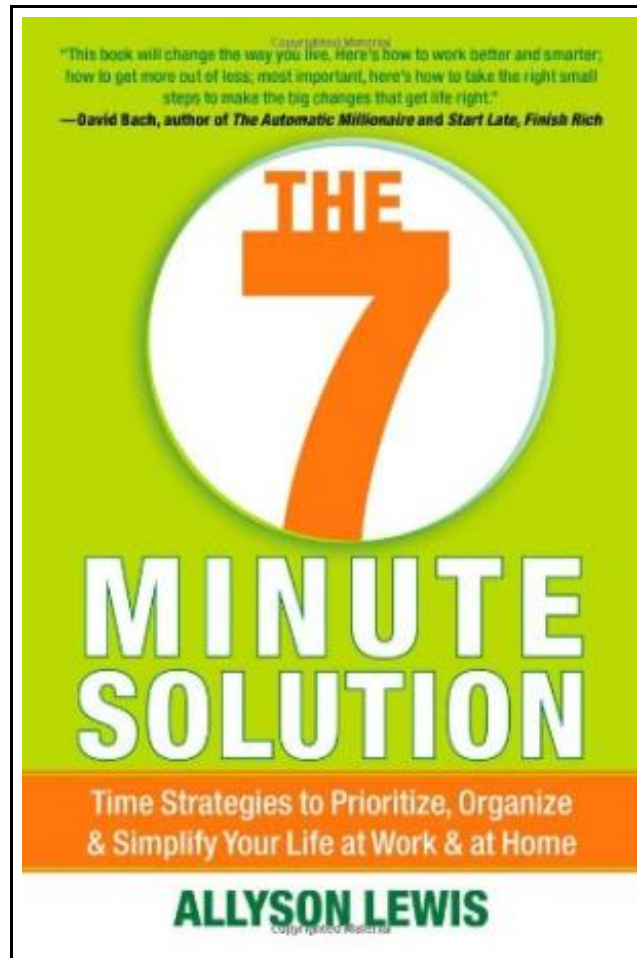


## The 7 Minute Solution: Creating a Life with Meaning 7 Minutes at a Time



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