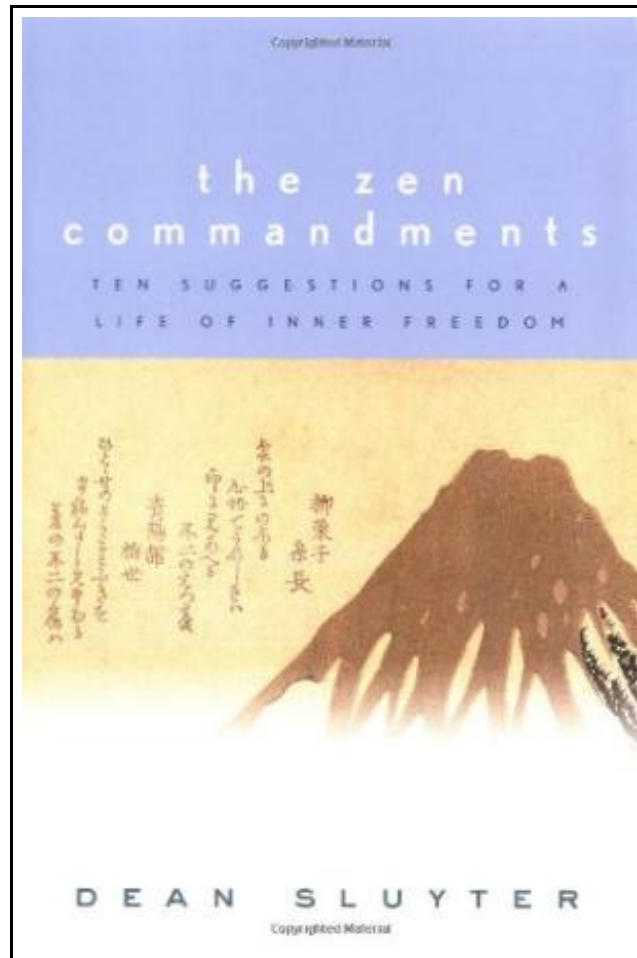


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THE ZEN COMMANDMENTS: TEN SUGGESTIONS FOR A LIFE OF INNER FREEDOM

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