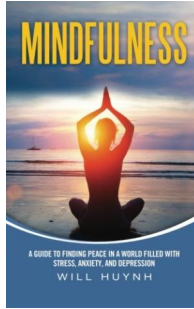


Mindfulness: A Guide to Finding Peace in a World Filled with Stress, Anxiety, and Depression



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