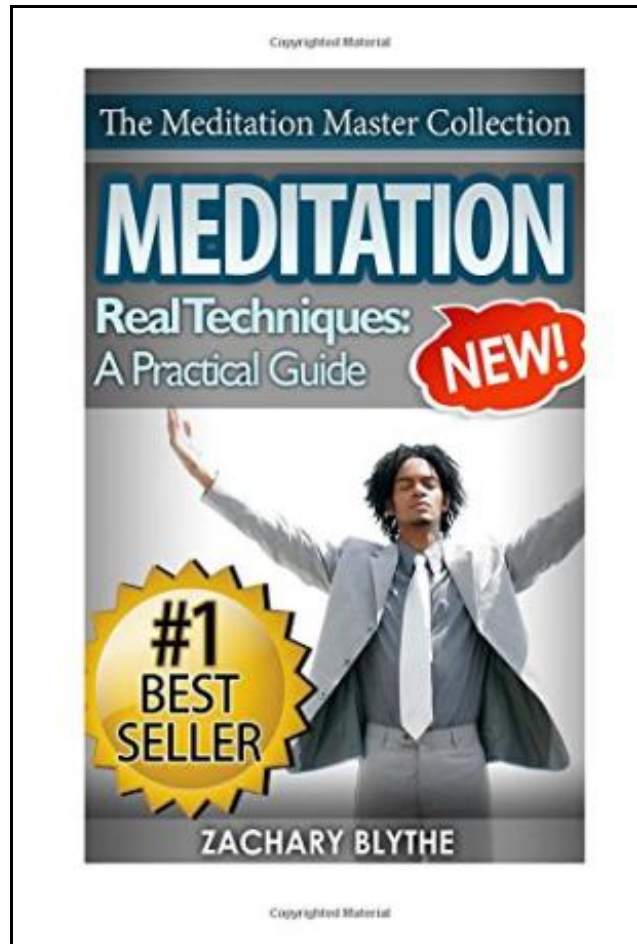


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MEDITATION: REAL TECHNIQUES TO RELIEVE STRESS, IMPROVE SLEEP AND ACHIEVE HAPPINESS

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