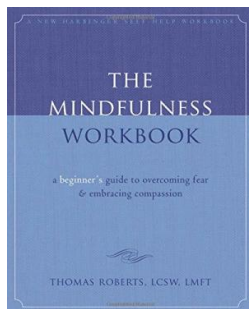


## The Mindfulness Workbook: A Beginner's Guide to Overcoming Fear & Embracing Compassion



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