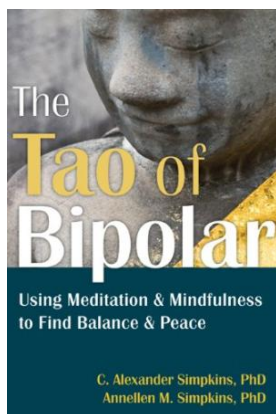


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THE TAO OF BIPOLAR: USING MEDITATION AND MINDFULNESS TO FIND BALANCE AND PEACE



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