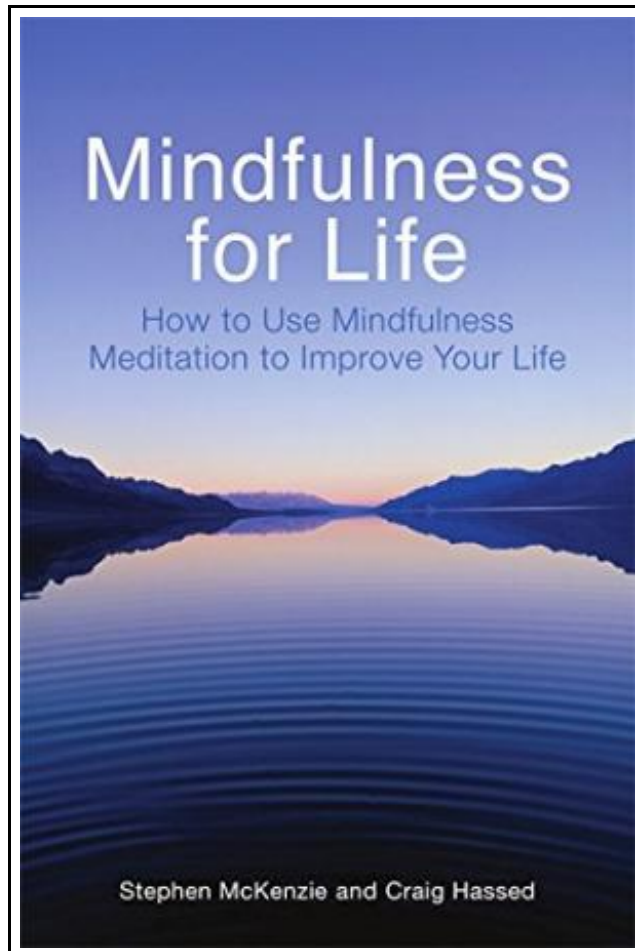


## Mindfulness for Life: How to Use Mindfulness Meditation to Improve Your Life



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