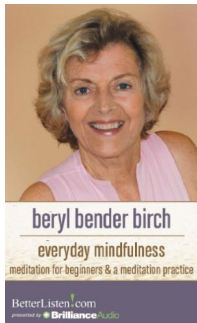


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EVERYDAY MINDFULNESS: MEDITATION FOR BEGINNERS AND A MEDITATION PRACTICE



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