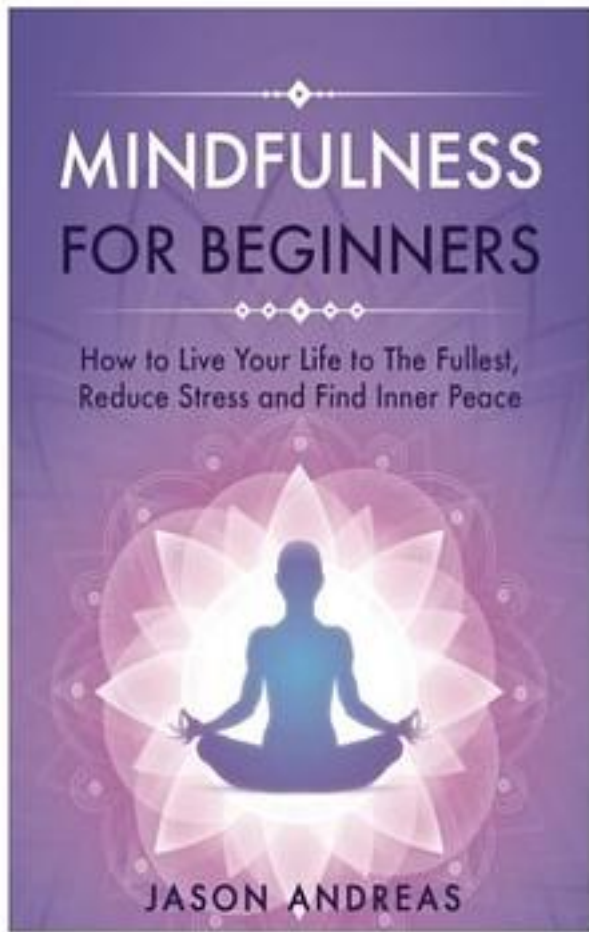


Mindfulness for Beginners: How to Live Your Life to the Fullest, Reduce Stress and Find Inner Peace



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