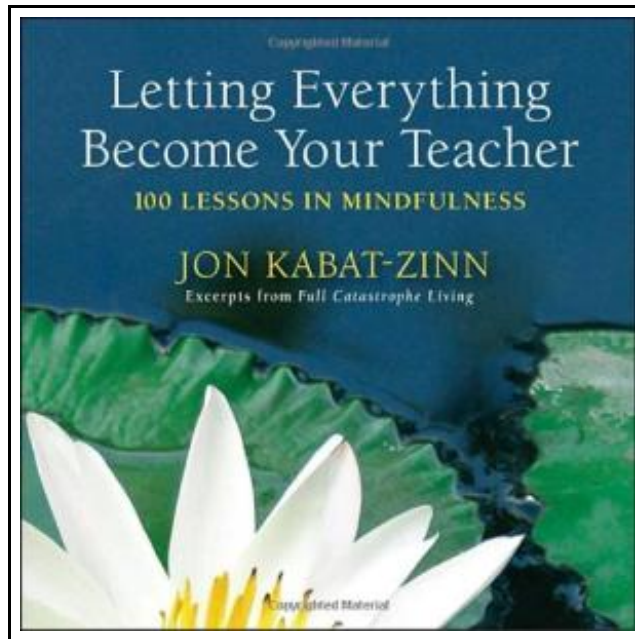


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LETTING EVERYTHING BECOME YOUR TEACHER: 100 LESSONS IN MINDFULNESS



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