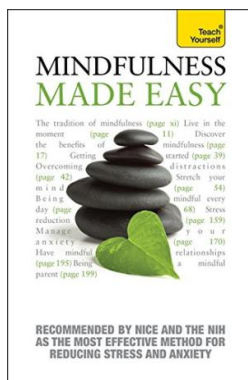


## Mindfulness Made Easy: Teach Yourself: Teach Yourself a Practical Way to be Happier and Healthier



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