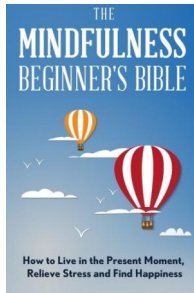


The Mindfulness Beginner s Bible: How to Live in the Present Moment, Relieve Stress and Find Happiness



Book Review

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