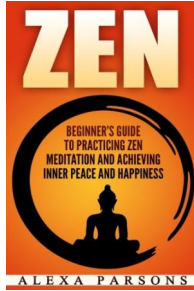


## Zen: Beginner's Guide to Practicing Zen Meditation and Achieving Inner Peace and Happiness



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