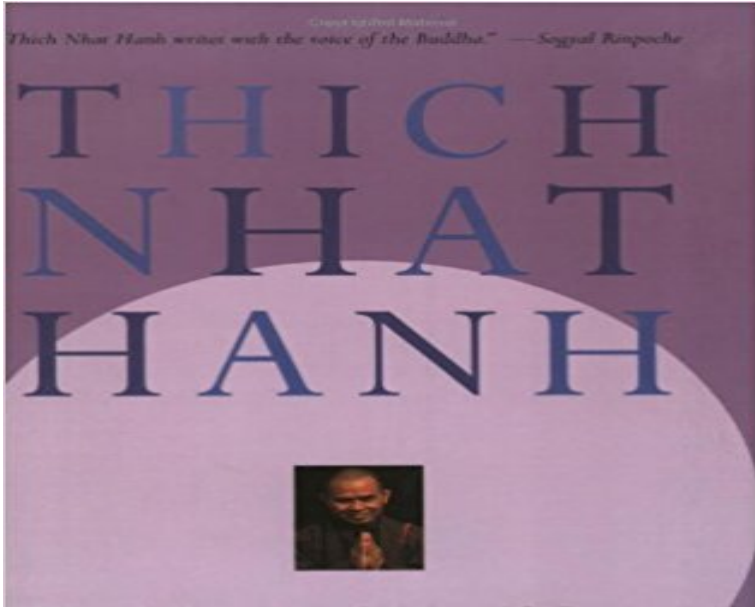


# The Miracle of Mindfulness: An Introduction to the Practice of Meditation



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