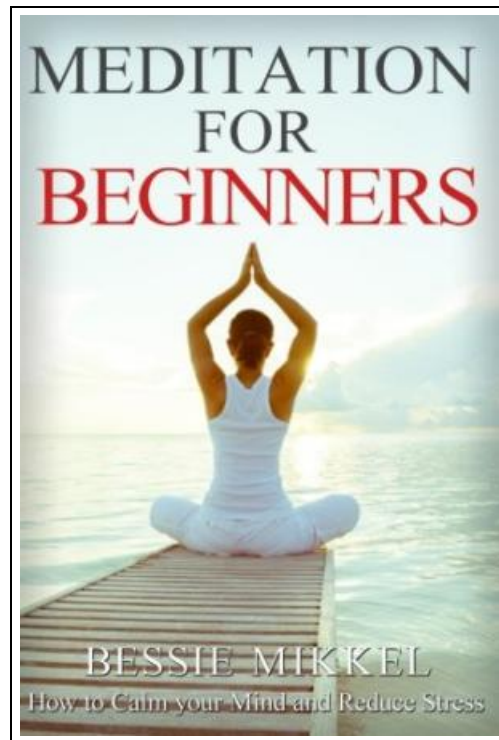


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MEDITATION FOR BEGINNERS: HOW TO CALM YOUR MIND AND REDUCE STRESS



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