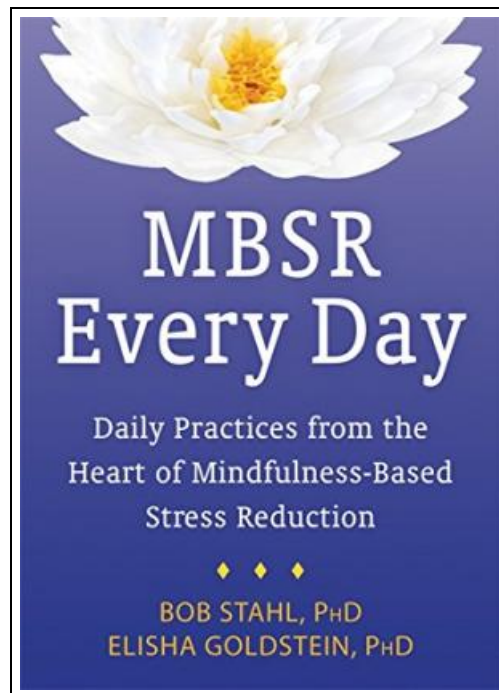


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MBSR EVERY DAY: DAILY PRACTICES FROM THE HEART OF MINDFULNESS-BASED STRESS REDUCTION



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