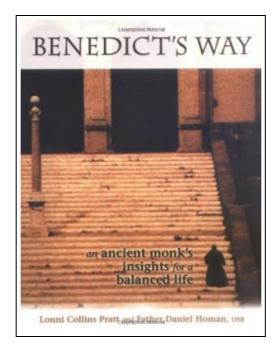
### Benedict s Way: An Ancient Monk s Insights for a Balanced Life



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