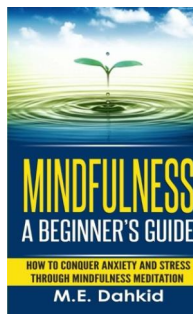


## Mindfulness: A Beginner's Guide: How to Conquer Anxiety and Stress Through Mindfulness Meditation



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