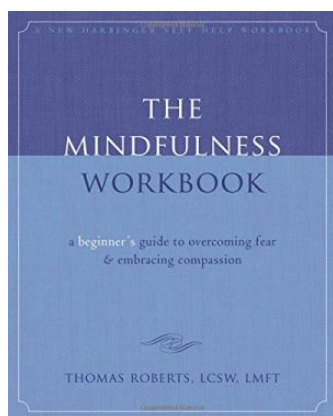


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THE MINDFULNESS WORKBOOK: A BEGINNER'S GUIDE TO OVERCOMING FEAR & EMBRACING COMPASSION



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