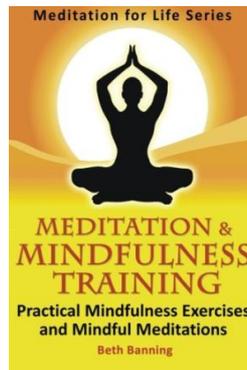


Meditation and Mindfulness Training: Practical Mindfulness Exercises and Mindful Meditations



Book Review

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(Gordon Kertzmann)

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