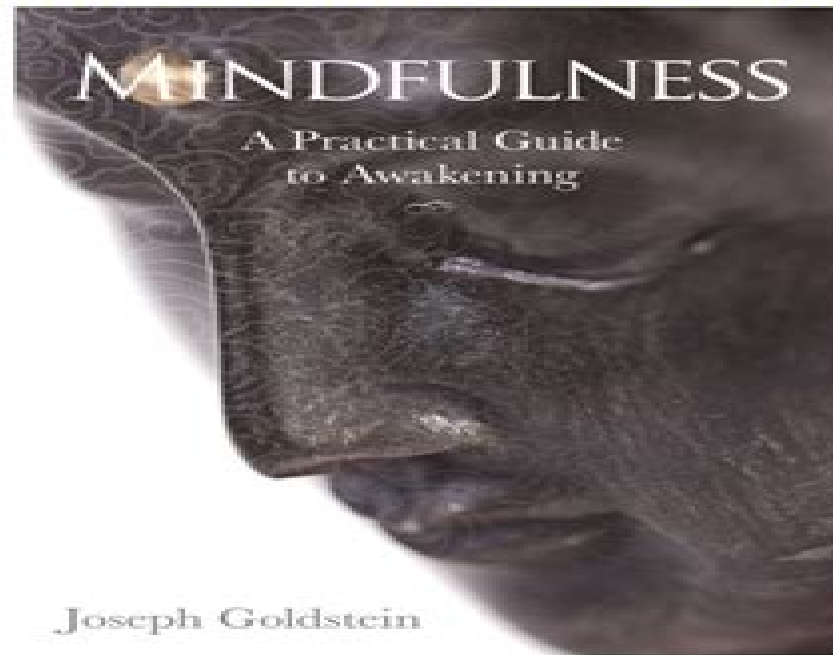


Mindfulness: A Practical Guide to Awakening



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Puja Mehta



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