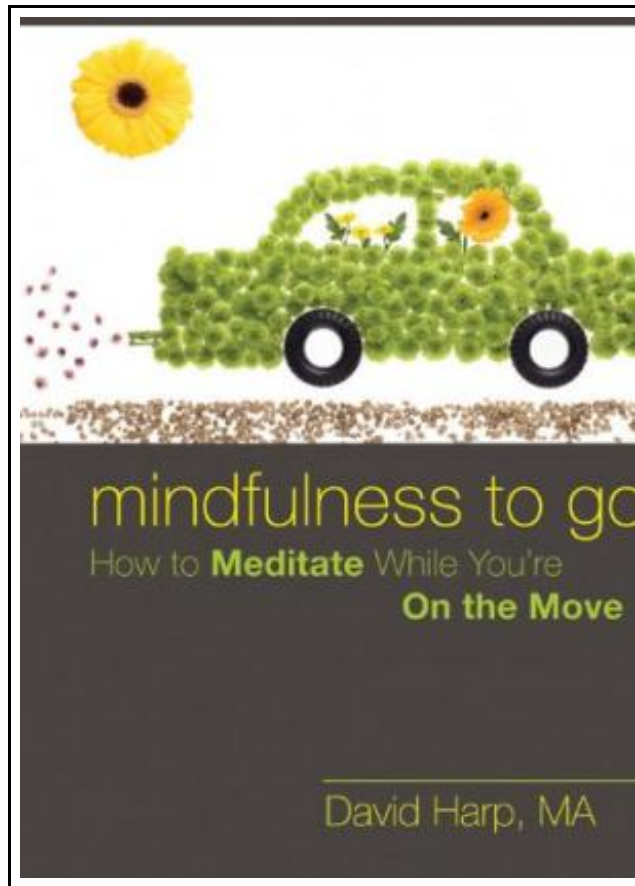


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MINDFULNESS TO GO: HOW TO MEDITATE WHILE YOU'RE ON THE MOVE



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