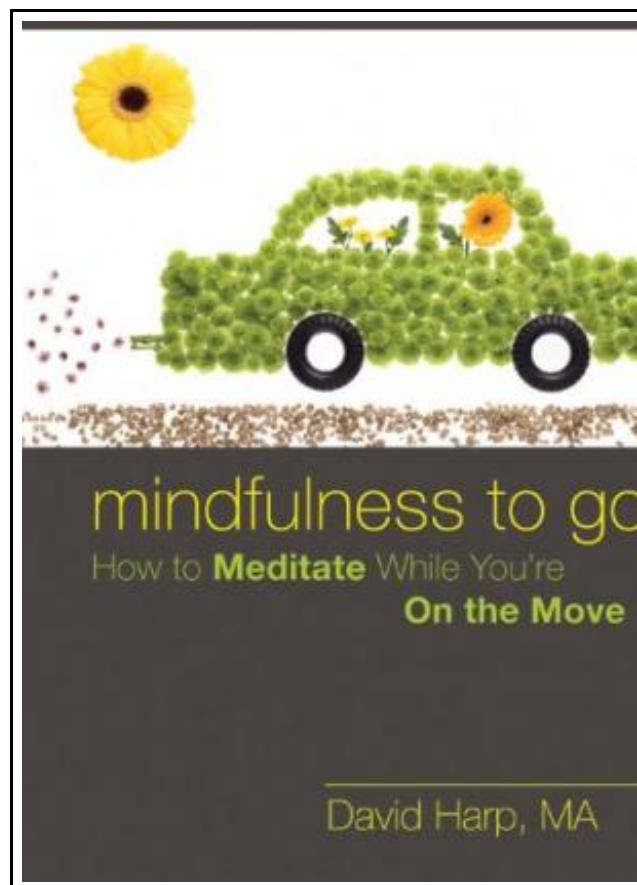


## Mindfulness to Go: How to Meditate While You're On the Move



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