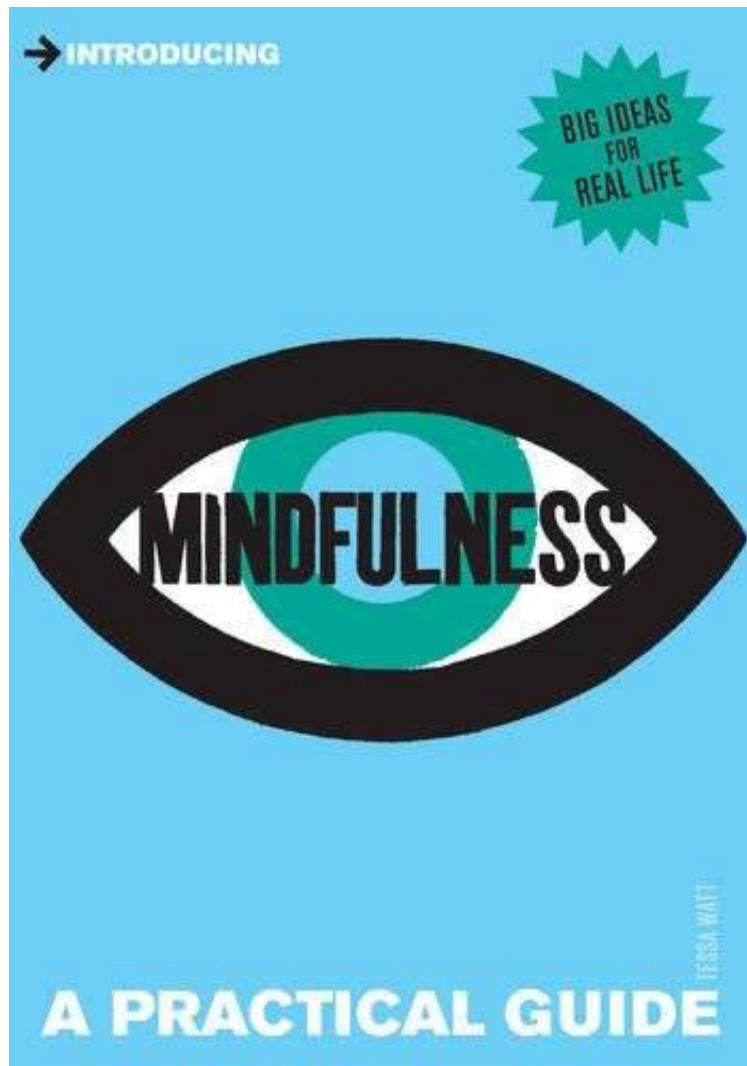


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## Introducing Mindfulness: A Practical Guide

By Tessa Watt

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