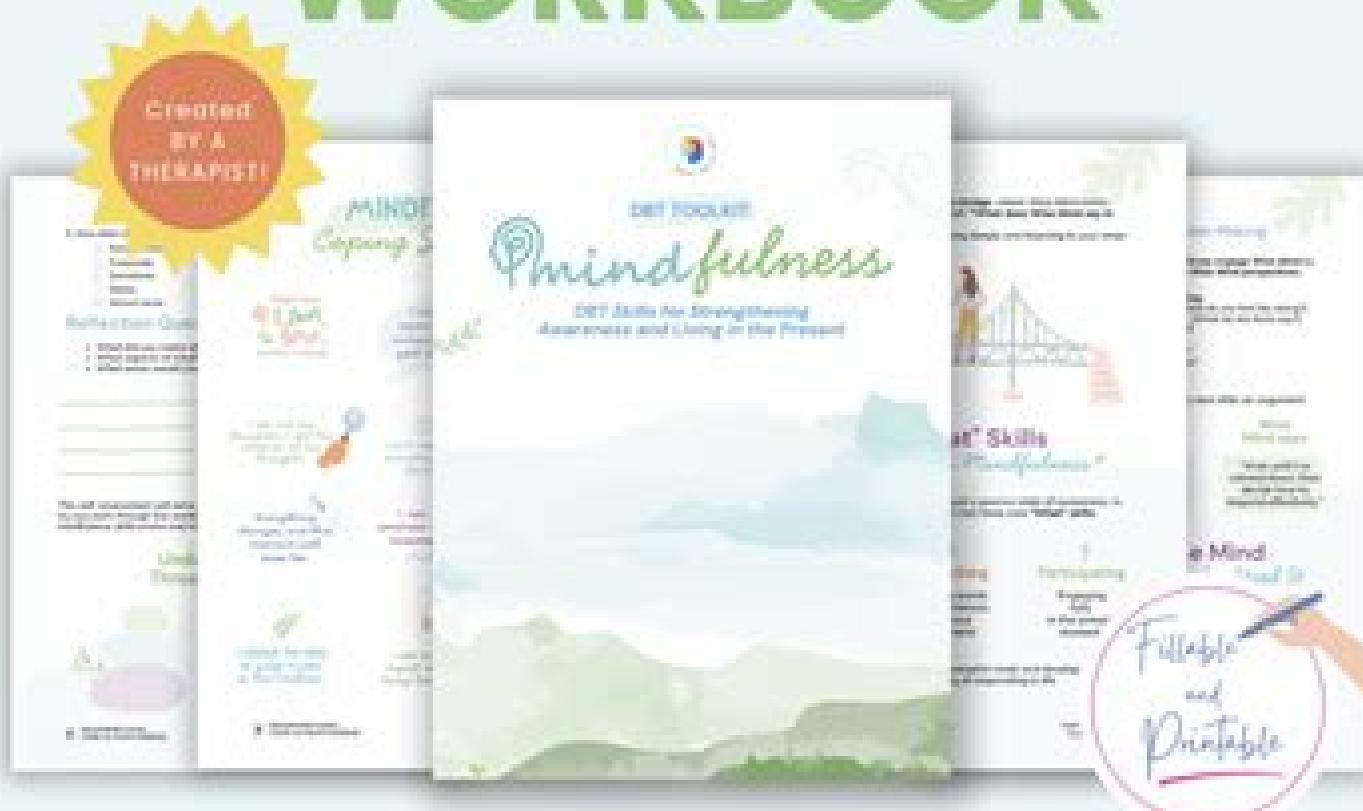


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Complete Workbook Mindfulness Meditation

**Bob Stahl, Florence Meleo-Meyer, Lynn
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