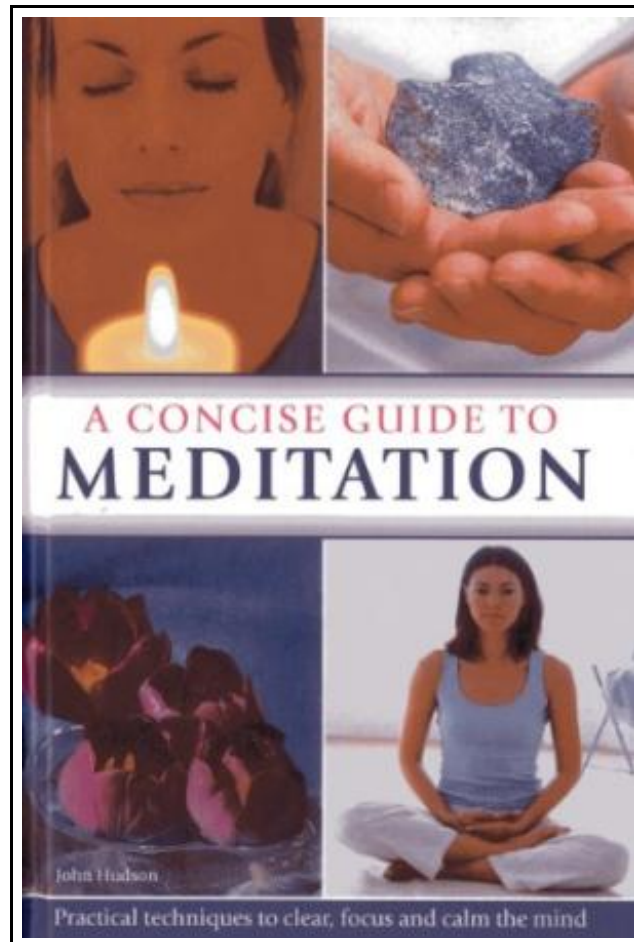# A Concise Guide to Meditation: Practical Techniques to Clear, Focus and Calm the Mind

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