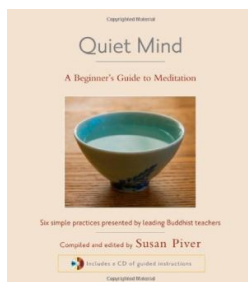


## Quiet Mind: A Beginner's Guide to Meditation



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