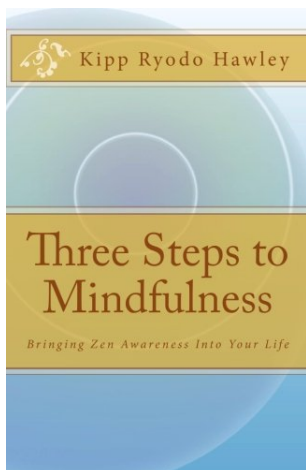


Three Steps To Mindfulness: Bringing Zen Awareness Into Your Life

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