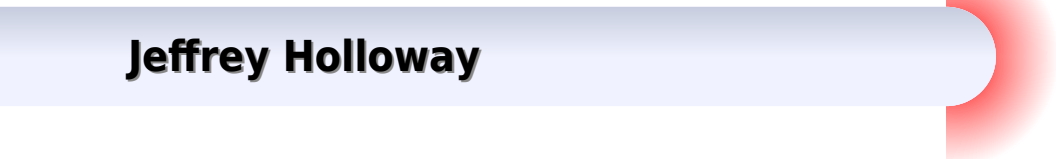


Mindfulness for Beginners



For Beginners Mindfulness Meditation

Jeffrey Holloway



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