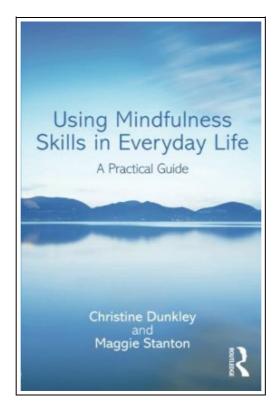
# Using Mindfulness Skills in Everyday Life: A practical guide (Paperback)



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