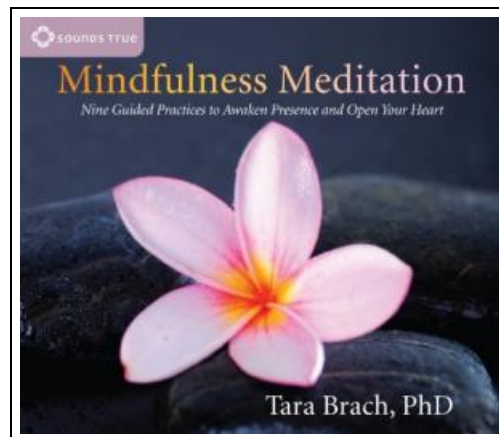


## Mindfulness Meditation: Nine Guided Practices to Awaken Presence and Open Your Heart



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