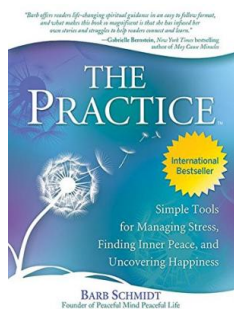


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# THE PRACTICE: A DAILY GUIDE FOR LIVING PRESENT, MANAGING STRESS, AND BEING HAPPY



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