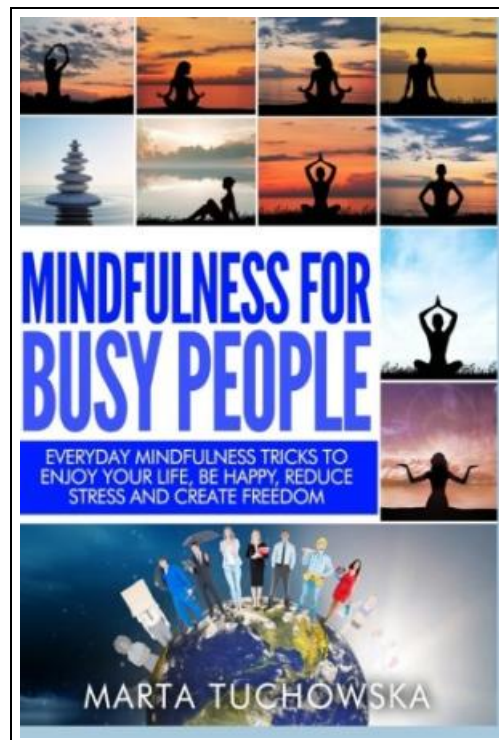


## Mindfulness for Busy People: Everyday Mindfulness Tricks to Enjoy Your Life, Be Happy, Reduce Stress and Create Freedom



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