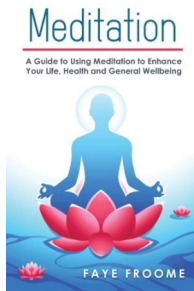


## Meditation: A Guide to Using Meditation to Enhance Your Life, Health and General Well-Being



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