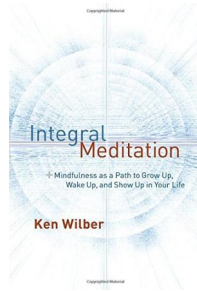


Integral Meditation: Mindfulness as a Way to Grow Up, Wake Up, and Show Up in Your Life



Book Review

This publication is great. It is full of wisdom and knowledge You will not really feel monotony at at any time of the time (that's what catalogs are for relating to when you ask me).

(Dr. Everett Dicki DDS)

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