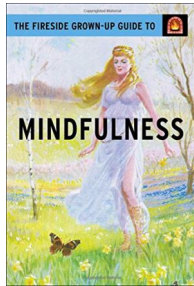


## The Fireside Grown-Up Guide to Mindfulness



### Book Review

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