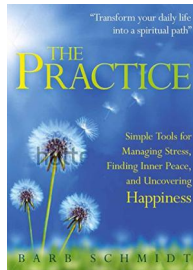


The Practice: Simple Tools for Managing Stress, Finding Inner Peace, and Uncovering Happiness



Book Review

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