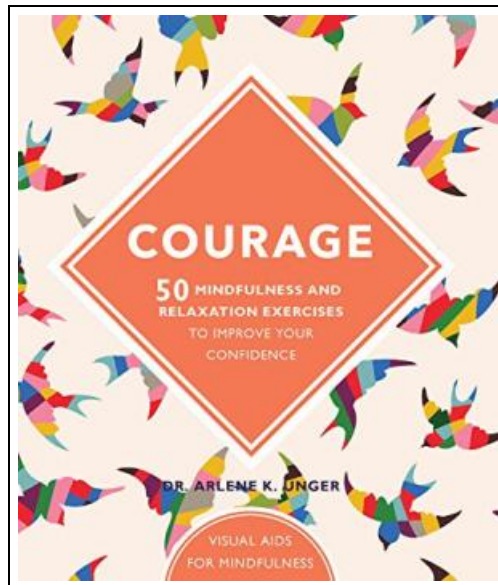


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COURAGE: 50 MINDFULNESS EXERCISES TO IMPROVE YOUR SELF-ESTEEM (HARDBACK)



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