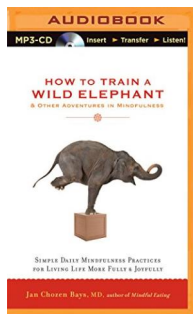


How to Train a Wild Elephant Other Adventures in Mindfulness: Simple Daily Mindfulness Practices for Living Life More Fully Joyfully



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