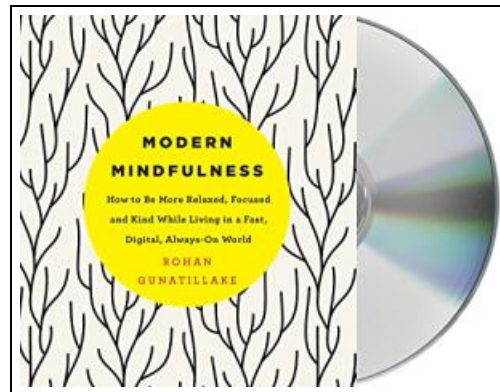


Modern Mindfulness: How to Be More Relaxed, Focused, and Kind While Living in a Fast, Digital, Always-On World



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