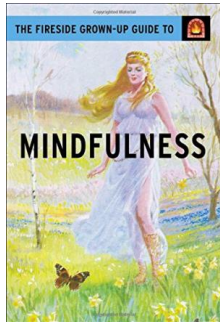


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## THE FIRESIDE GROWN-UP GUIDE TO MINDFULNESS



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- Authored by Hazeley, Jason
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