

A woman with long, wavy brown hair is sitting in a meditative lotus position on a sandy beach. She is wearing a white long-sleeved shirt and white pants. Her eyes are closed, and her hands are resting on her knees with palms facing up. The background features a calm ocean with gentle waves, a clear sky with soft clouds, and distant mountains under a warm, golden light, suggesting sunset or sunrise.

THE SCIENCE OF SERENITY: FINDING INNER PEACE

Serenity Finding Peace And Tranquility

M Mark



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