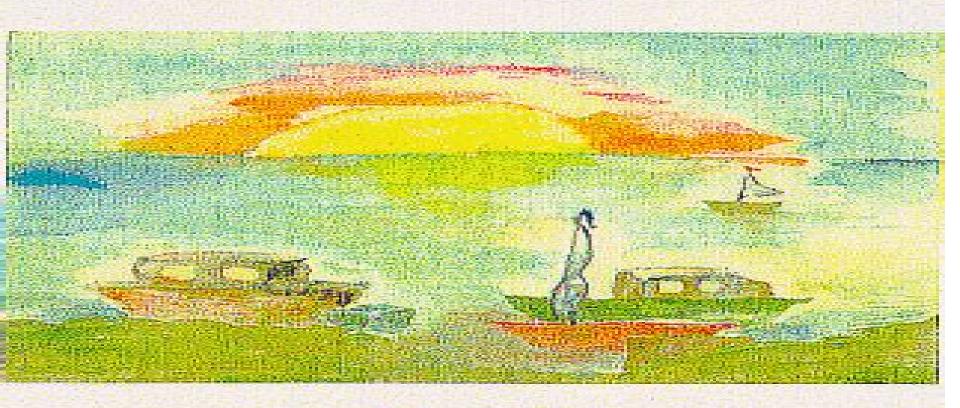
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# Mind Surfing In The Now The Handbook Of Mindfulneb

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