

A photograph of a person lying in bed, covered by a white duvet. Only their arms and hands are visible above the duvet. The left hand is raised in a peace sign, and the right hand is holding a white mug. The bed has a light-colored wooden headboard. The background is a plain, light-colored wall.

The Fine Art Of

Minimalism

**And
Mindfulness.**

Practically Minimal

Practically Minimal

Leonard Skinner, Mary Cooney



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