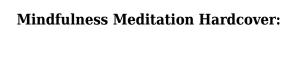
MINDFULNESS MEDITATION

THE ULTIMATE GUIDE TO OVERCOME STRESS, FOLLOW RELAXING EXERCISES AND START MEDITATING USING MANTRAS AND DAILY AFFIRMATIONS



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Christopher K. Germer, Ronald D. Siegel, Paul R. Fulton



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