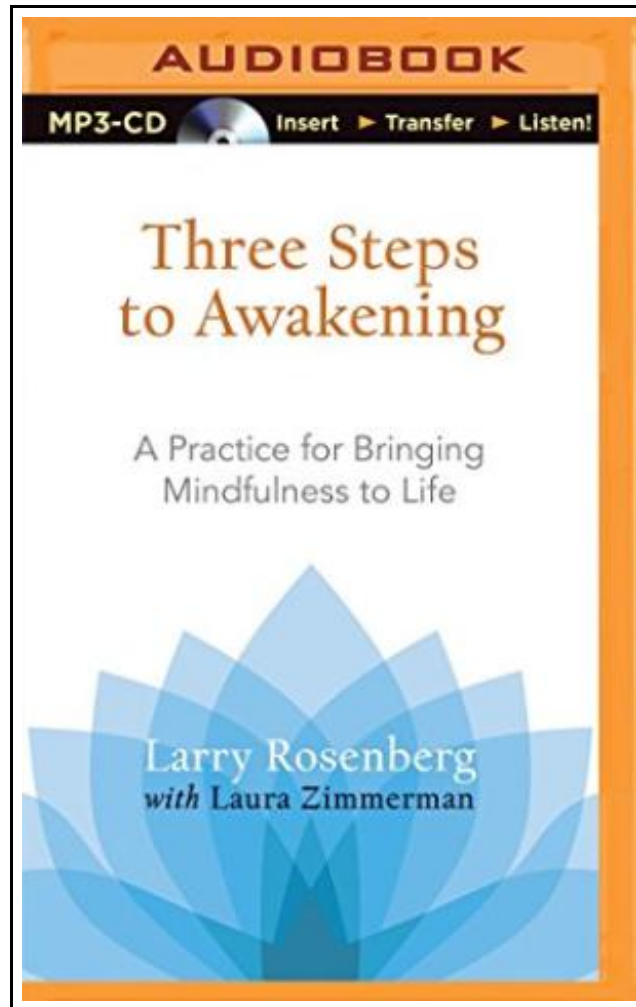


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THREE STEPS TO AWAKENING: A PRACTICE FOR BRINGING MINDFULNESS TO LIFE



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