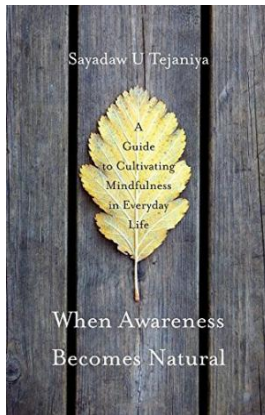


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WHEN AWARENESS BECOMES NATURAL: A GUIDE TO CULTIVATING MINDFULNESS IN EVERYDAY LIFE



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