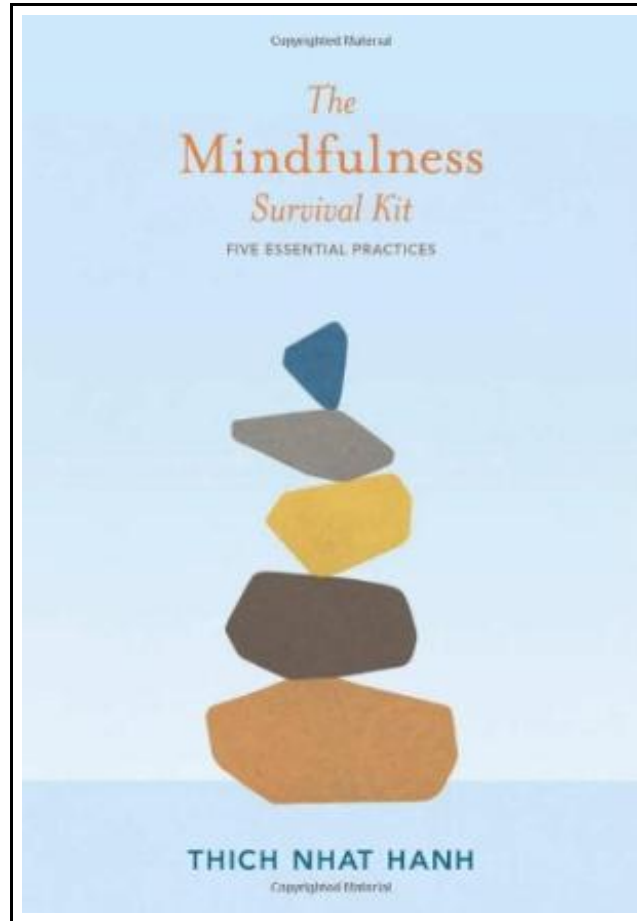


## Mindfulness Survival Kit: Five Essential Practices



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