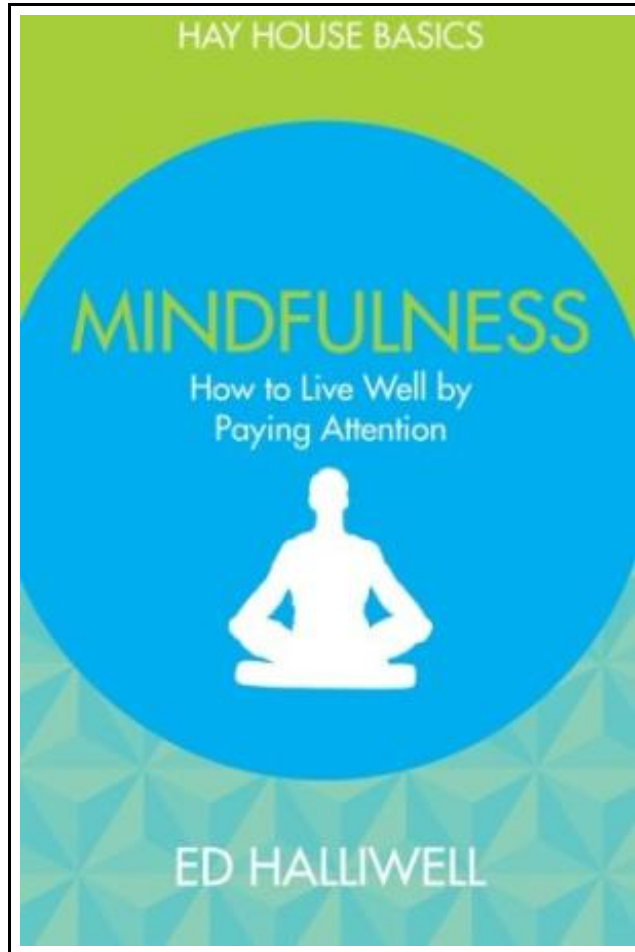


## Mindfulness: How to Live Well by Paying Attention



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