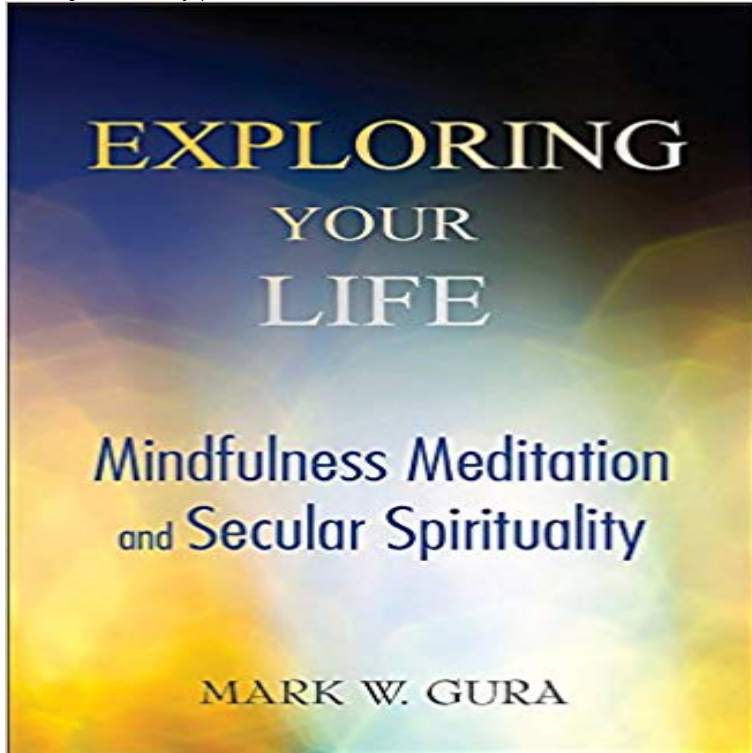


Exploring Your Life: Mindfulness Meditation and Secular Spirituality



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