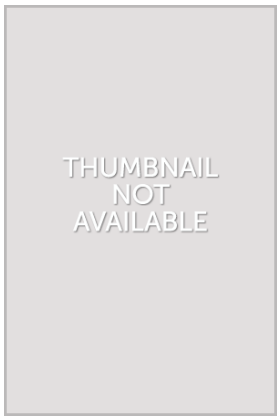
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WHY CAN'T I MEDITATE?: HOW TO GET YOUR MINDFULNESS PRACTICE ON TRACK



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