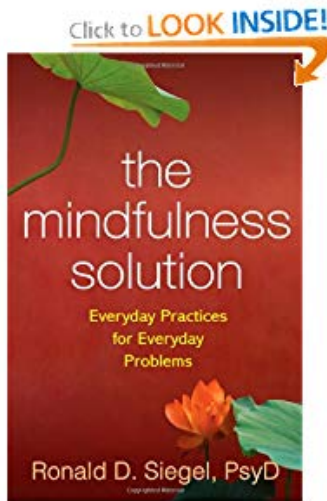


The Mindfulness Solution: Everyday Practices for Everyday Problems by Ronald D. Siegel



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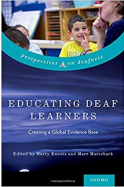
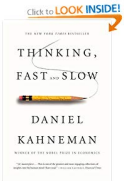
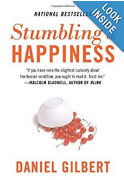

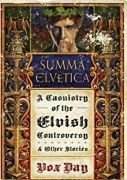
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