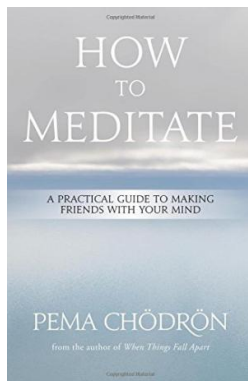


## How to Meditate: A Practical Guide to Making Friends with Your Mind (Hardback)



### Book Review

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(Prof. Patsy Blanda)

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