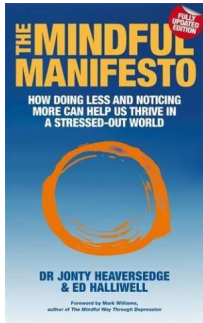


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THE MINDFUL MANIFESTO: HOW DOING LESS AND NOTICING MORE CAN HELP US THRIVE IN A STRESSED-OUT WORLD



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