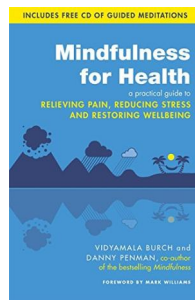


## Mindfulness for Health: A Practical Guide to Relieving Pain, Reducing Stress and Restoring Wellbeing



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