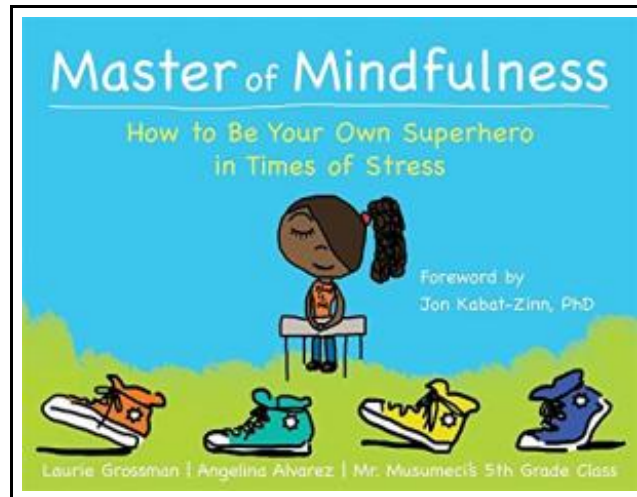


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## MASTER OF MINDFULNESS: HOW TO BE YOUR OWN SUPERHERO IN TIMES OF STRESS

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