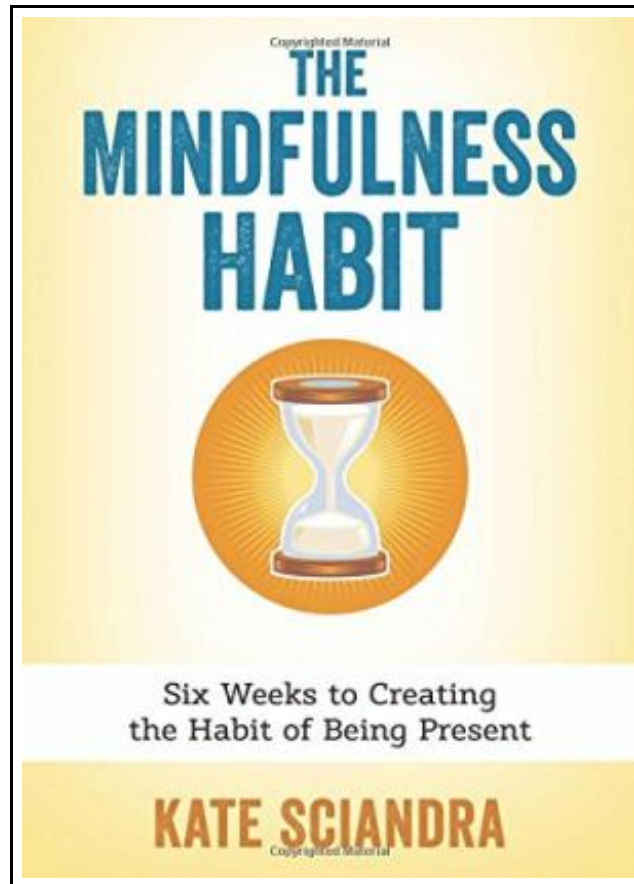


## The Mindfulness Habit: Six Weeks to Creating the Habit of Being Present



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