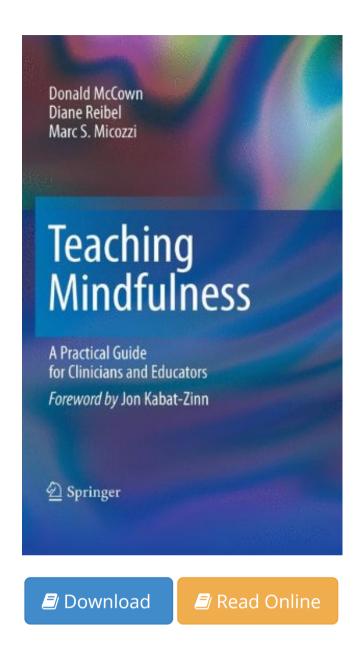
Teaching Mindfulness: A Practical Guide for Clinicians and Educators



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