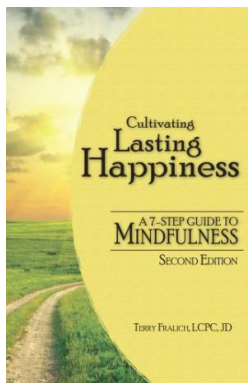


## Cultivating Lasting Happiness: A 7-Step Guide to Mindfulness



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