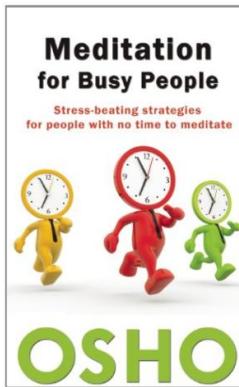


## Meditation for Busy People: Stress-Beating Strategies for People with No Time to Meditate



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