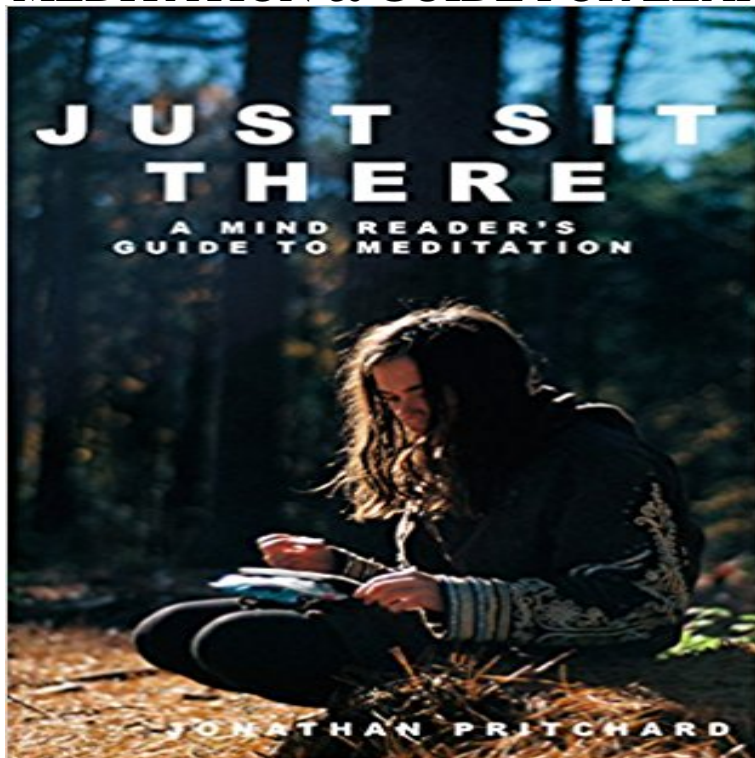


JUST SIT THERE: A MIND READERS INTRODUCTION TO MEDITATION & GUIDE FOR LEARNING HOW TO MEDITATE



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