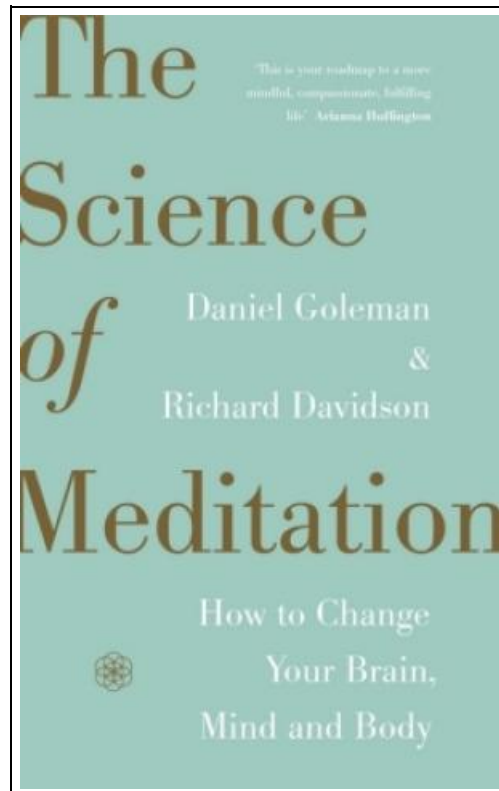


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THE SCIENCE OF MEDITATION : HOW TO CHANGE YOUR BRAIN, MIND, AND BODY

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