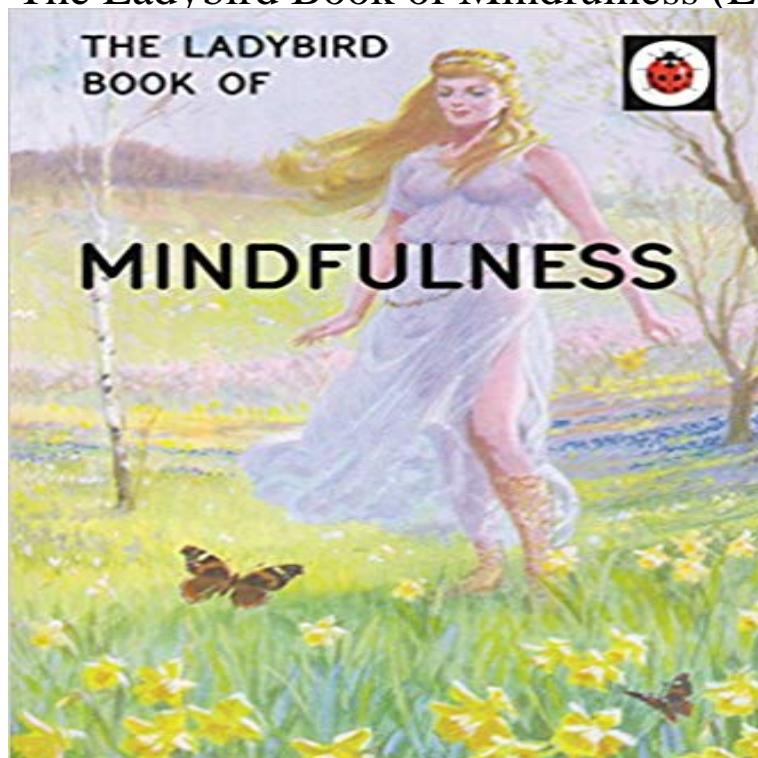


The Ladybird Book of Mindfulness (Ladybirds for Grown-Ups)



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