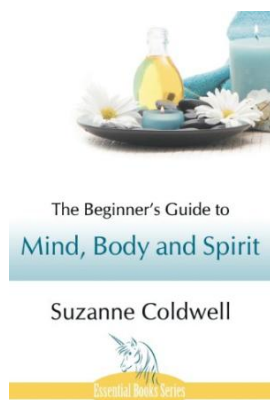


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THE BEGINNER'S GUIDE TO MIND, BODY AND SPIRIT



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