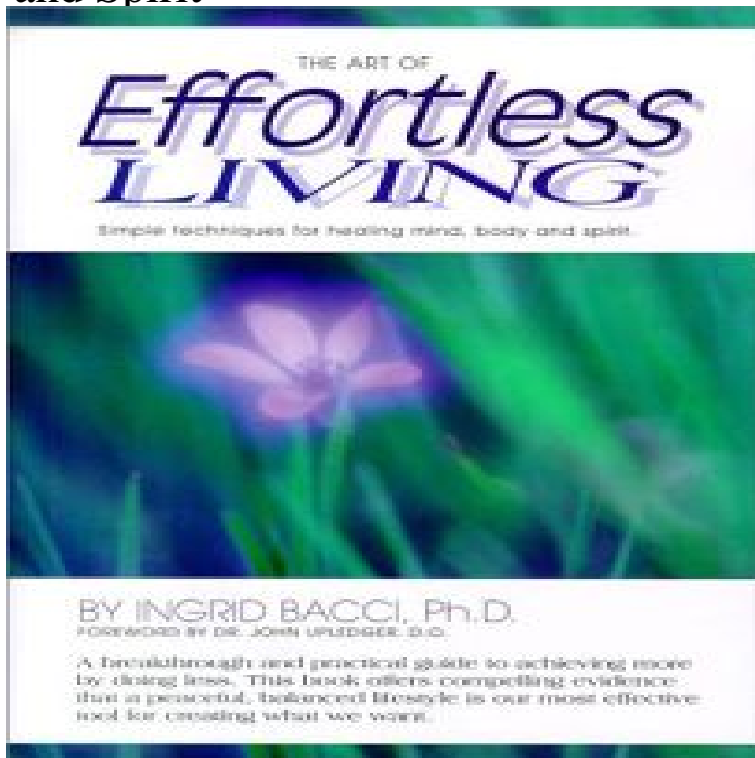


The Art of Effortless Living: Simple Techniques for Healing Mind, Body and Spirit



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