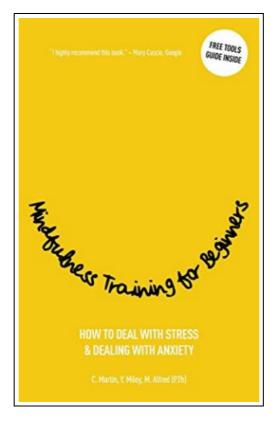
# Mindfulness Training for Beginners: How to Deal with Stress Dealing with Anxiety (Paperback)



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