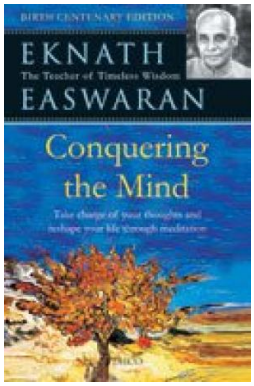
Conquering the Mind: Take Charge of Your Thoughts and Reshape Your Life Through Meditation



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