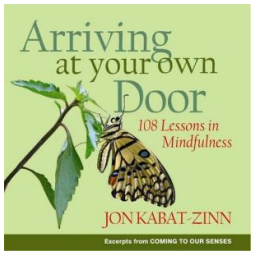
# Arriving at Your Own Door: 108 Lessons in Mindfulness




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