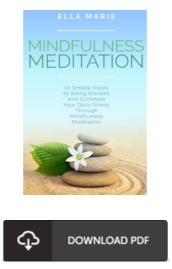
## Mindfulness Meditation: 12 Simple Steps to Being Present and Eliminate Your Daily Stress Through Mindfulness Meditation



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