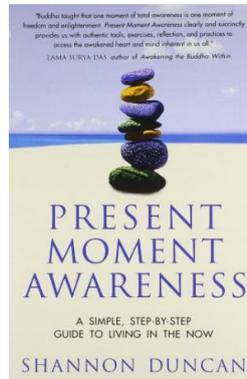


## Present Moment Awareness: A Simple, Step-By-Step Guide to Living in the Now



### Book Review

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