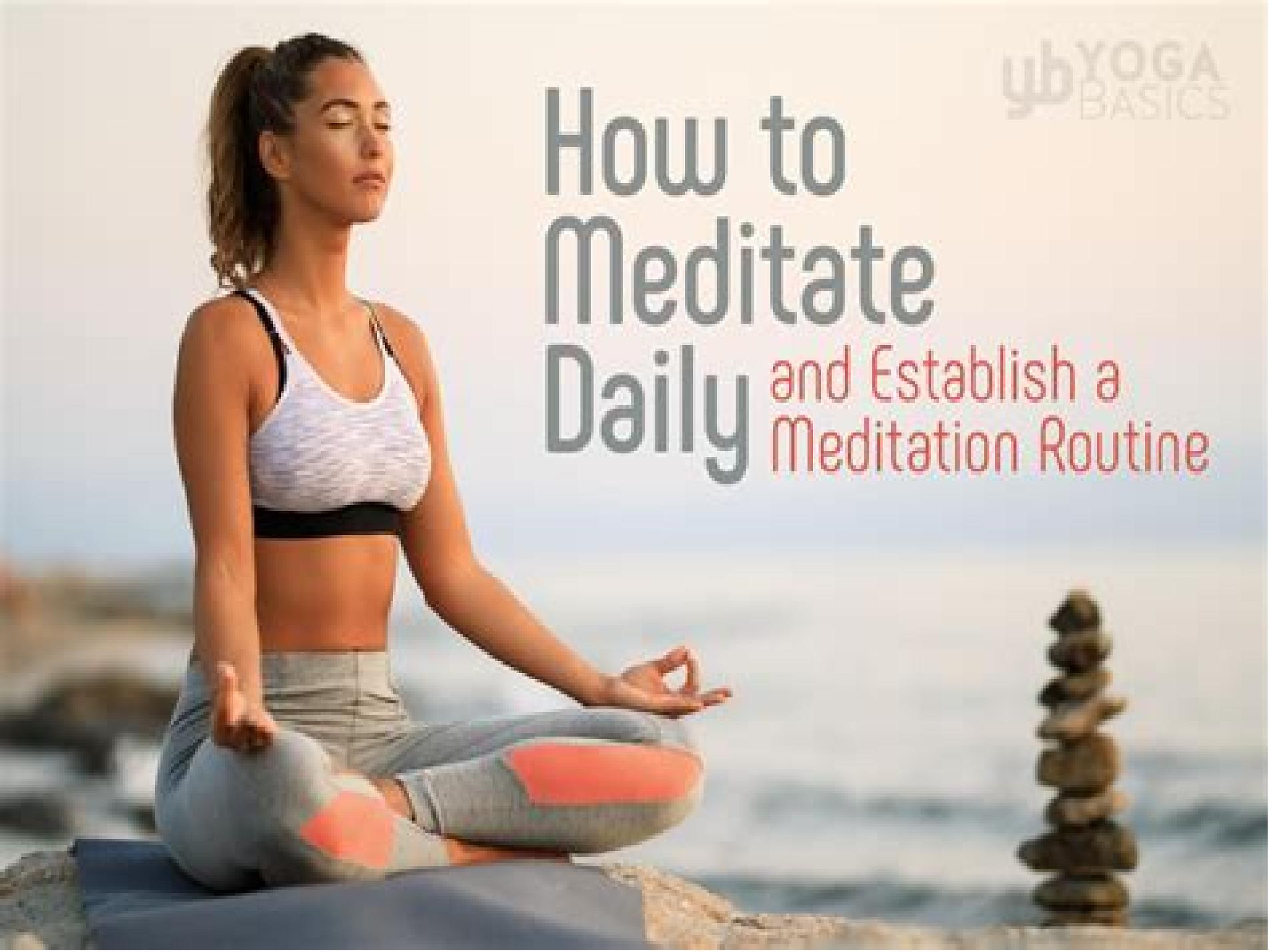


How to Meditate Daily

and Establish a Meditation Routine



A Daily Meditation Practice

Ian Pickup



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