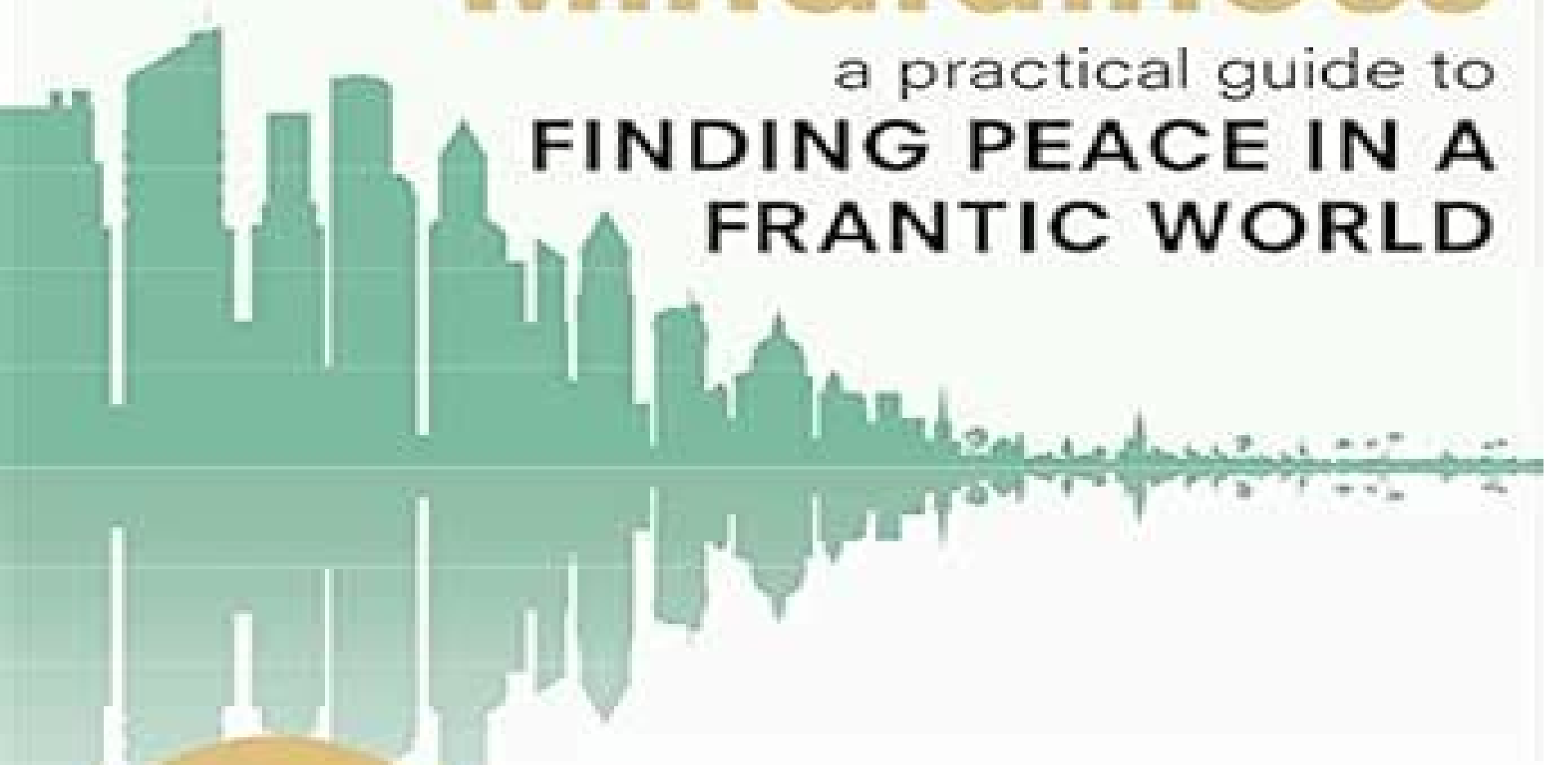


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a practical guide to

**FINDING PEACE IN A
FRANTIC WORLD**



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