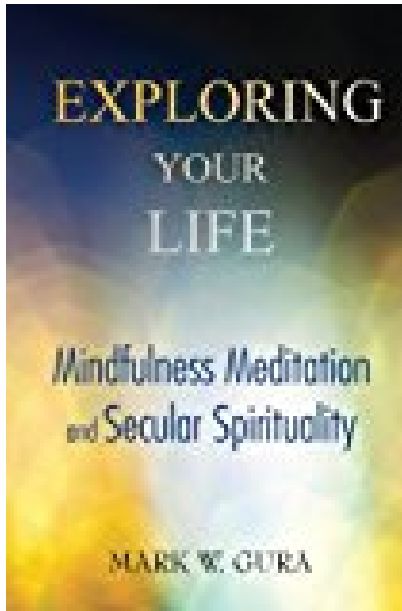


# Exploring Your Life Mindfulness Meditation and Secular Spirituality

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## BOOK SYNOPSIS

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