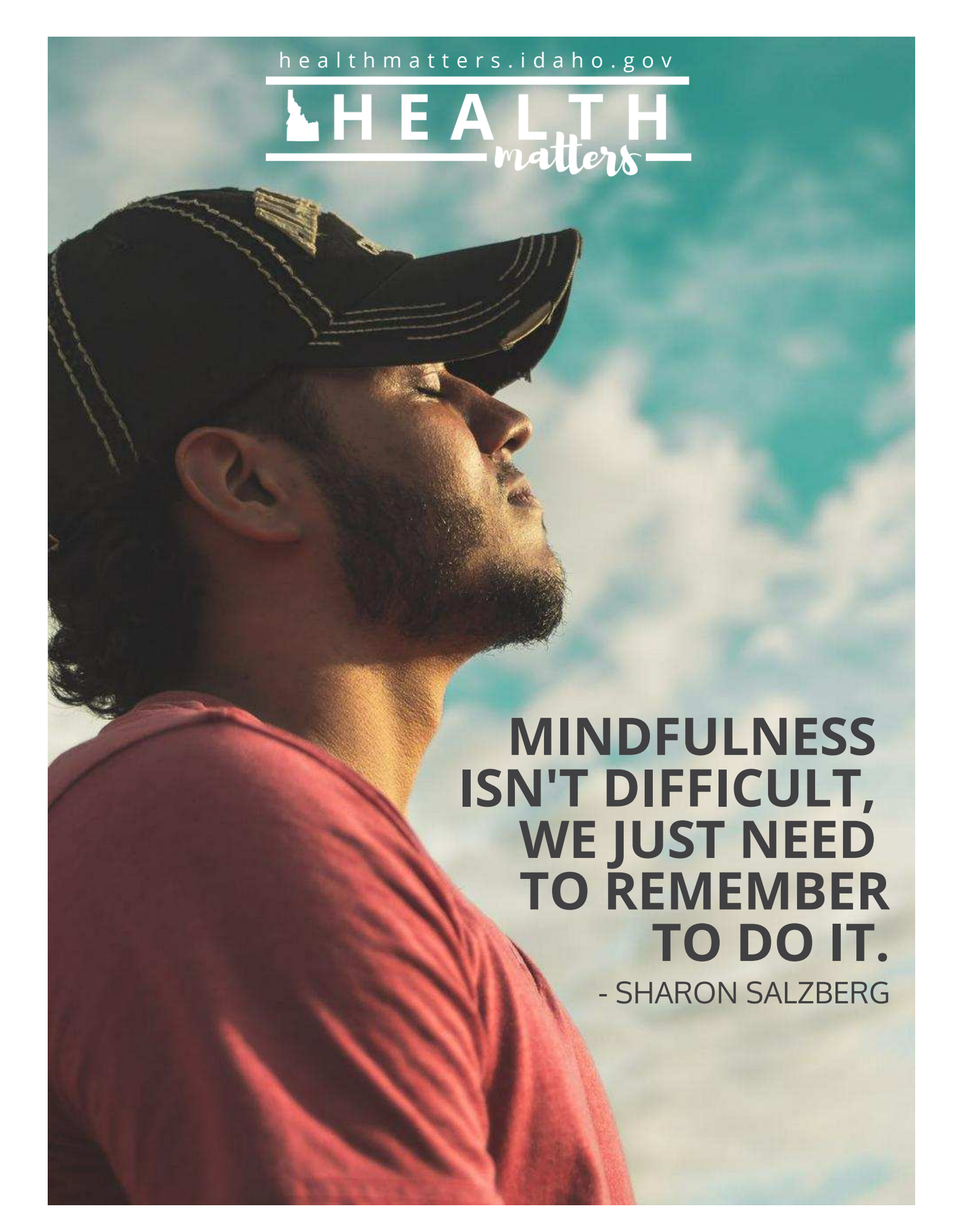


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**MINDFULNESS
ISN'T DIFFICULT,
WE JUST NEED
TO REMEMBER
TO DO IT.**

- SHARON SALZBERG