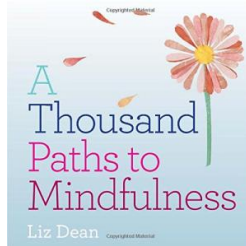


## A Thousand Paths to Mindfulness



### Book Review

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**(Ms. Dixie Torphy)**

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