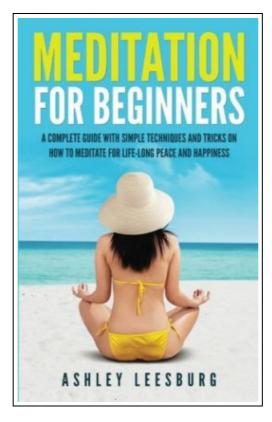
# Meditation for Beginners: A Complete Guide with Simple Techniques and Tricks on How to Meditate for Life-Long Peace and Happiness



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