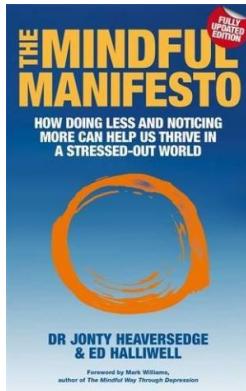


The Mindful Manifesto: How Doing Less and Noticing More Can Help Us Thrive in a Stressed-Out World



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