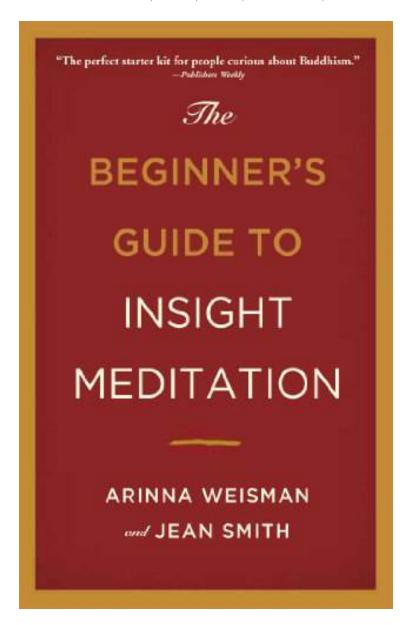
The Beginner's Guide to Insight Meditation

By Arinna Weisman, Jean Smith
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