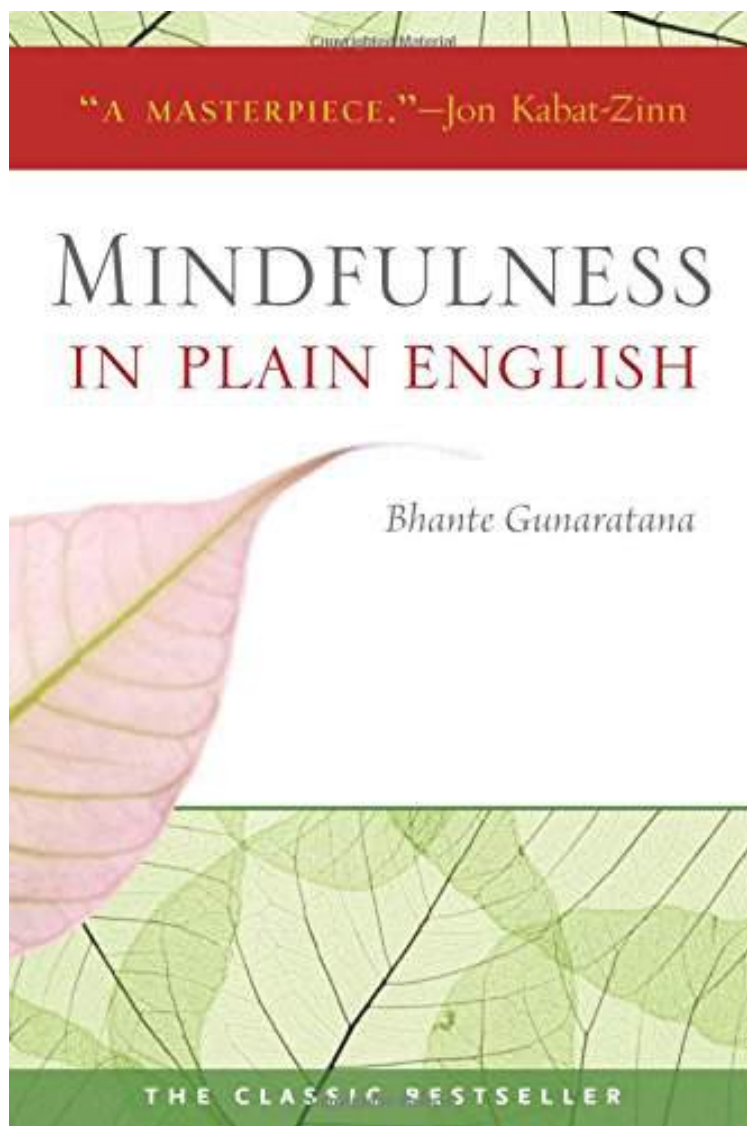


Mindfulness in Plain English

By Bhante Henepola Gunaratana

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