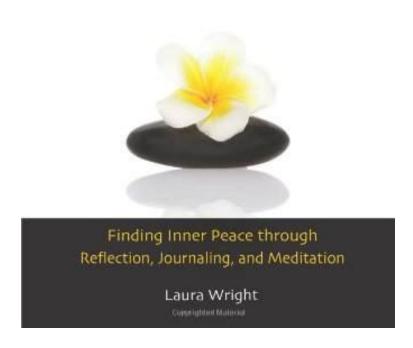
Quiet Mind, Open Heart: Finding Inner Peace through Reflection, Journaling, and Meditation

By Laura Wright
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By Laura Wright: Quiet Mind, Open Heart: Finding Inner Peace through Reflection, Journaling, and Meditation

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