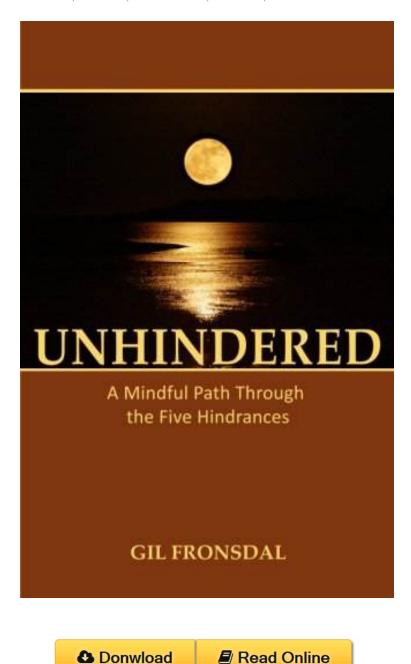
Unhindered: A Mindful Path Through the Five Hindrances

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