

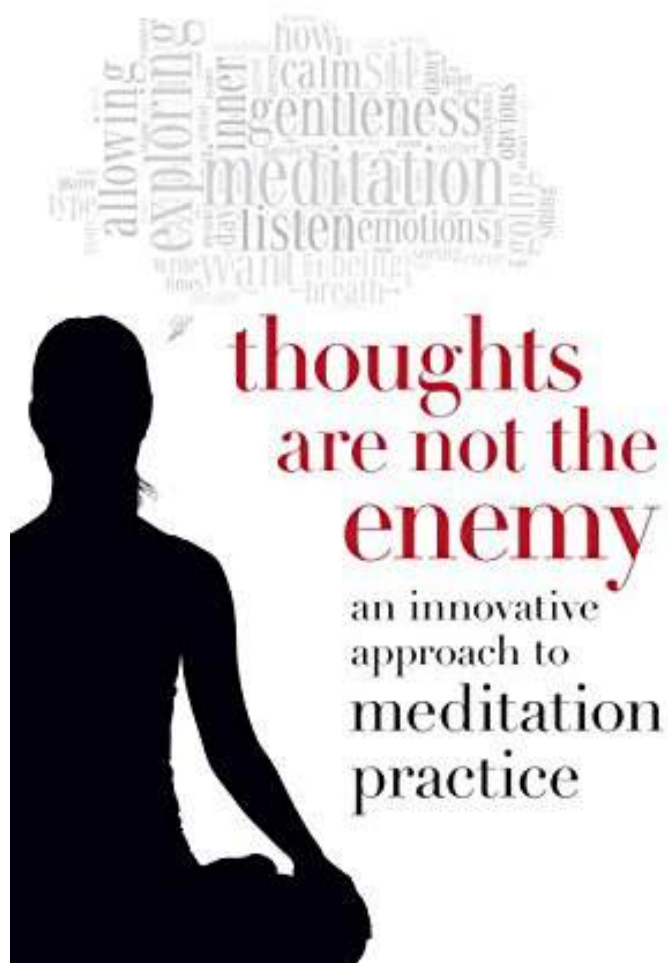
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Thoughts Are Not the Enemy: An Innovative Approach to Meditation Practice

By Jason Siff

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