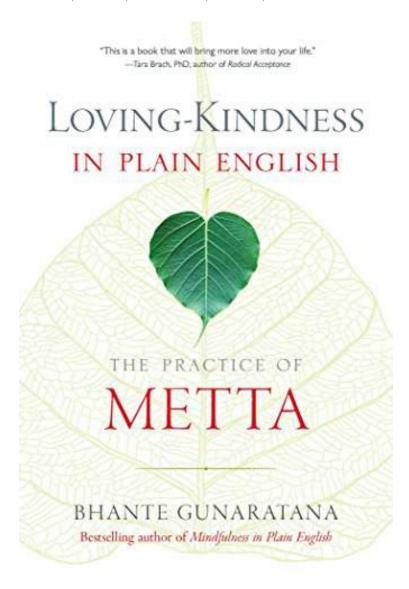
Loving-Kindness in Plain English: The Practice of Metta

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