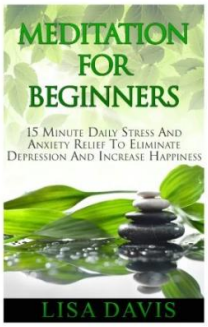
Meditation for Beginners: 15 Minute Daily Stress and Anxiety Relief to Eliminate Depression and Increase Happiness



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