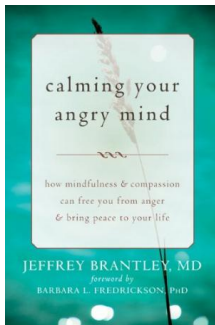


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CALMING YOUR ANGRY MIND: HOW MINDFULNESS AND COMPASSION CAN FREE YOU FROM ANGER AND BRING PEACE TO YOUR LIFE



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