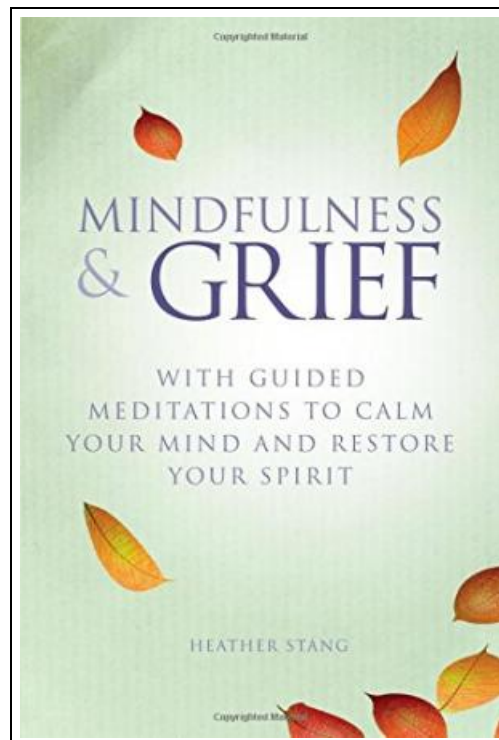


Mindfulness and Grief: With guided meditations to calm the mind and restore the spirit



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