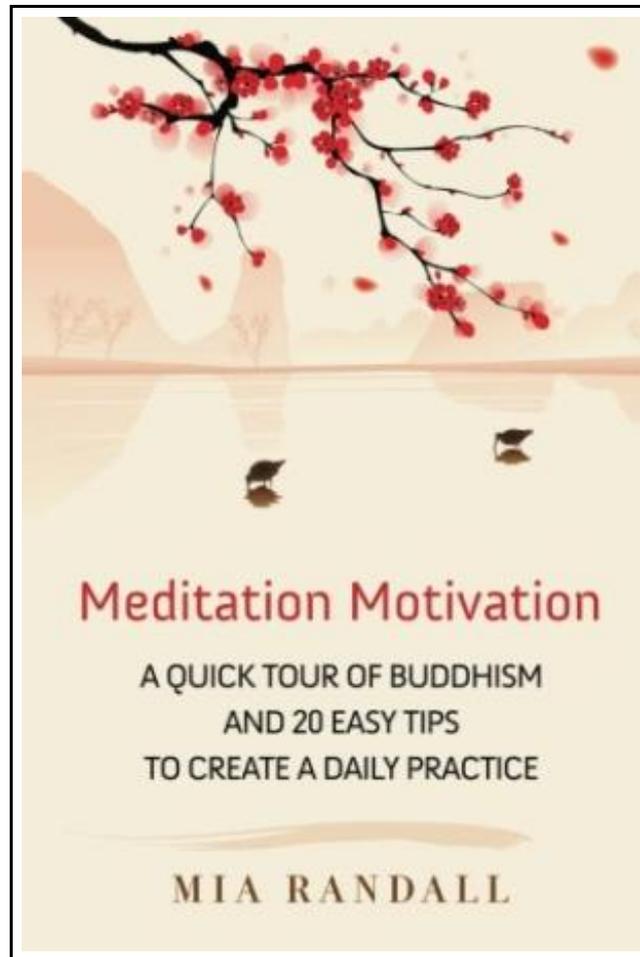


## Meditation Motivation - A Quick Tour of Buddhism and 20 Easy Tips to Create a Daily Practice



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