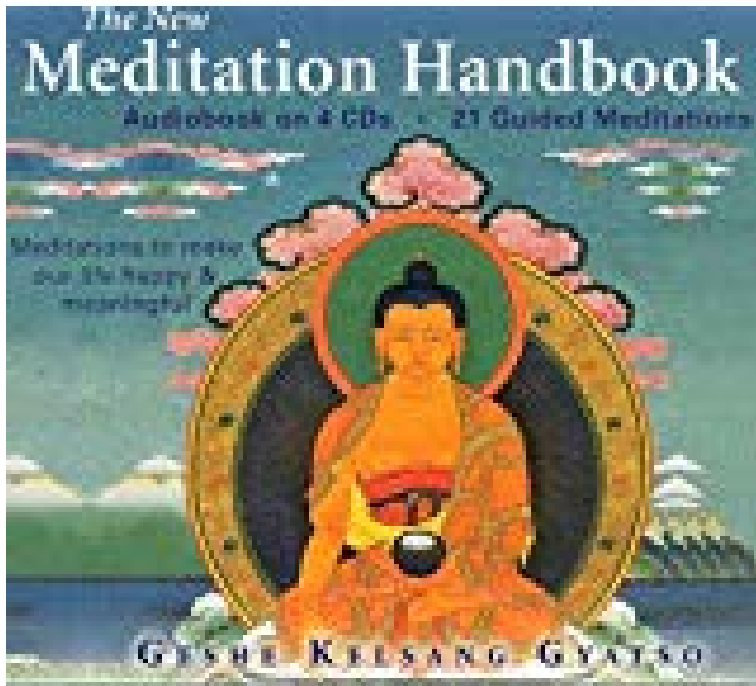


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look at practical meditation tools to teach us how to make ourself and others happy. The New Meditation Handbook is based on Buddhist master into our life so that we can experience more happiness and inner peace.

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