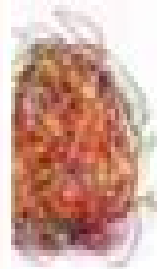
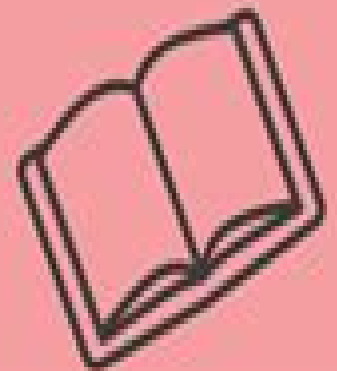


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FINDING PEACE
in a FRANTIC WORLD



MARK WILLIAMS and DANNY PENMAN
Foreword by Jon Kabat-Zinn



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