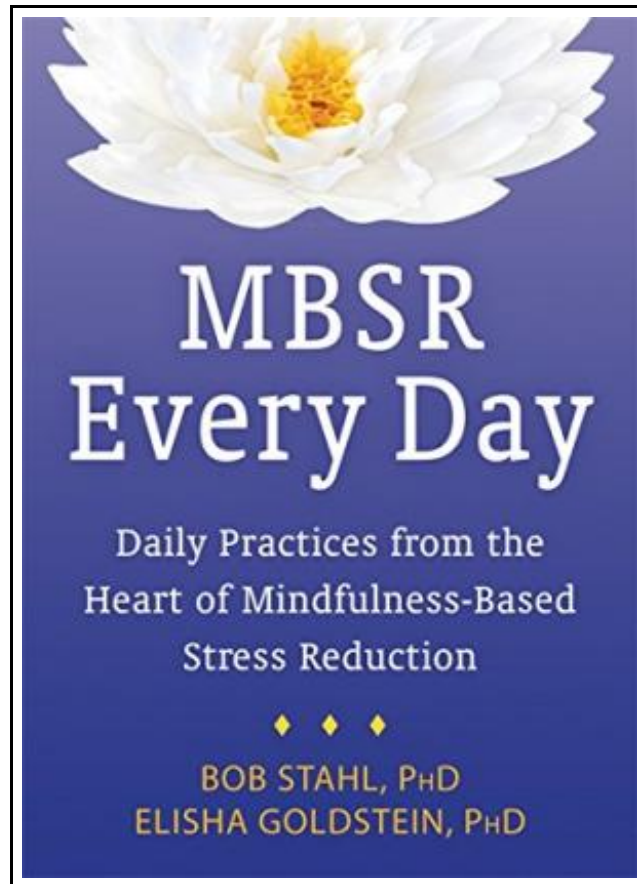


## MBSR Every Day: Daily Practices from the Heart of Mindfulness-Based Stress Reduction



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