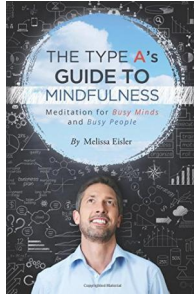


## The Type A s Guide to Mindfulness: Meditation for Busy Minds and Busy People



### Book Review

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