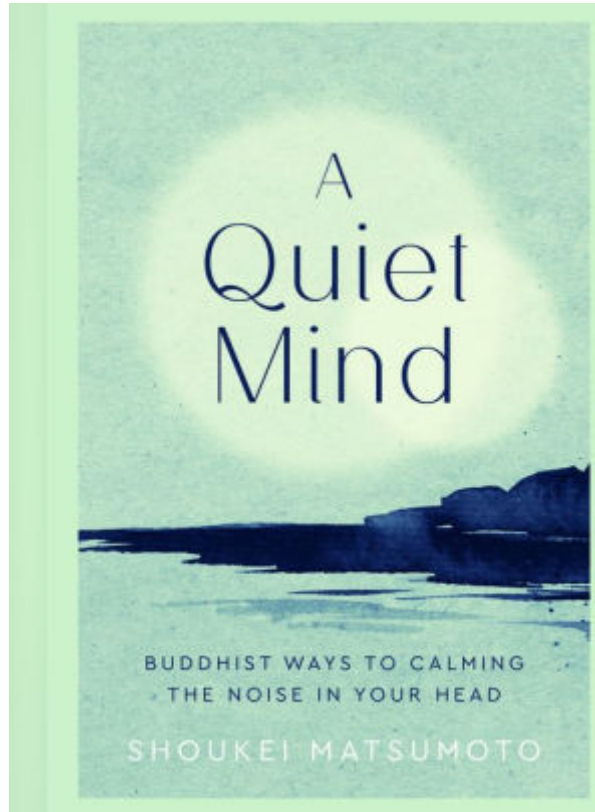


A Quiet Mind: Buddhist ways to calm the noise in your head

by Shoukei Matsumoto



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