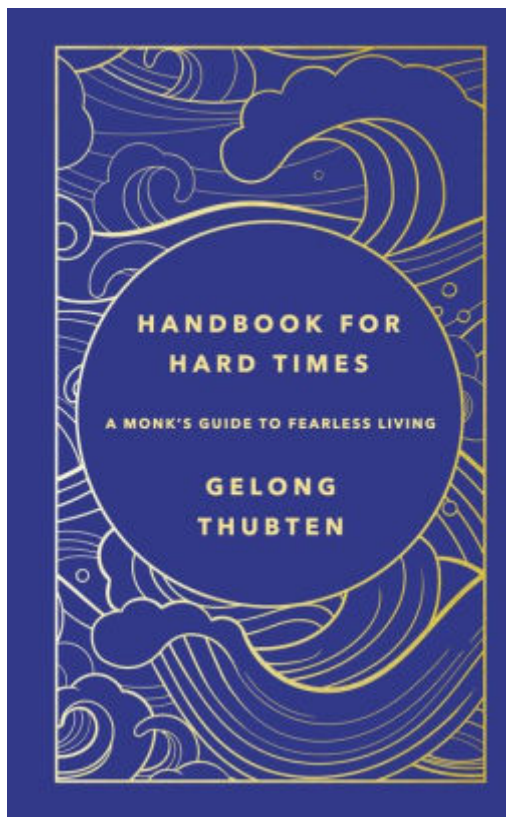


# Handbook for Hard Times: A monk's guide to fearless living

by Gelong Thubten



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