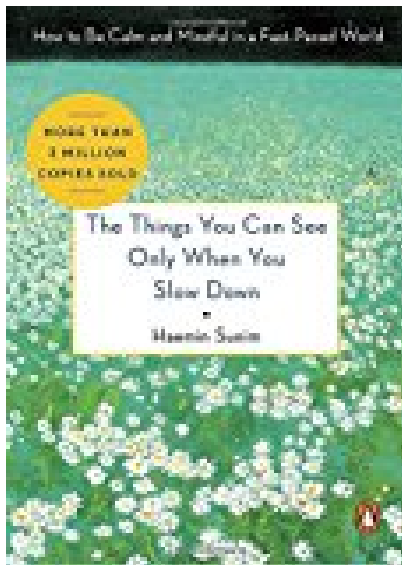


The Things You Can See Only When You Slow Down How to Be Calm and Mindful in a Fast-Paced World



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