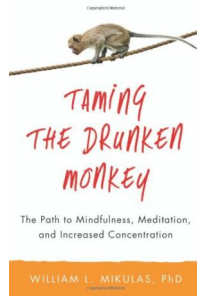


## Taming the Drunken Monkey: The Path to Mindfulness, Meditation, and Increased Concentration



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