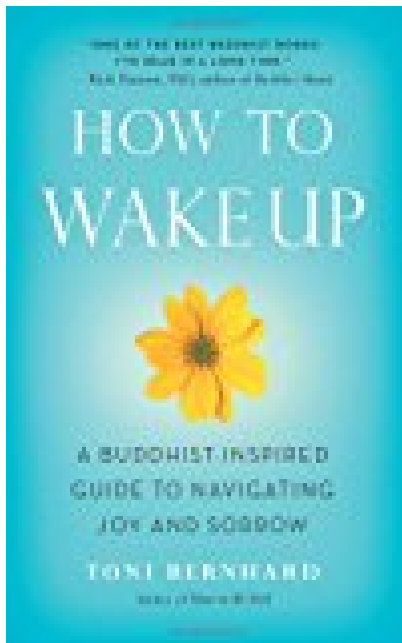


How to Wake Up A Buddhist-Inspired Guide to Navigating Joy and Sorrow



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