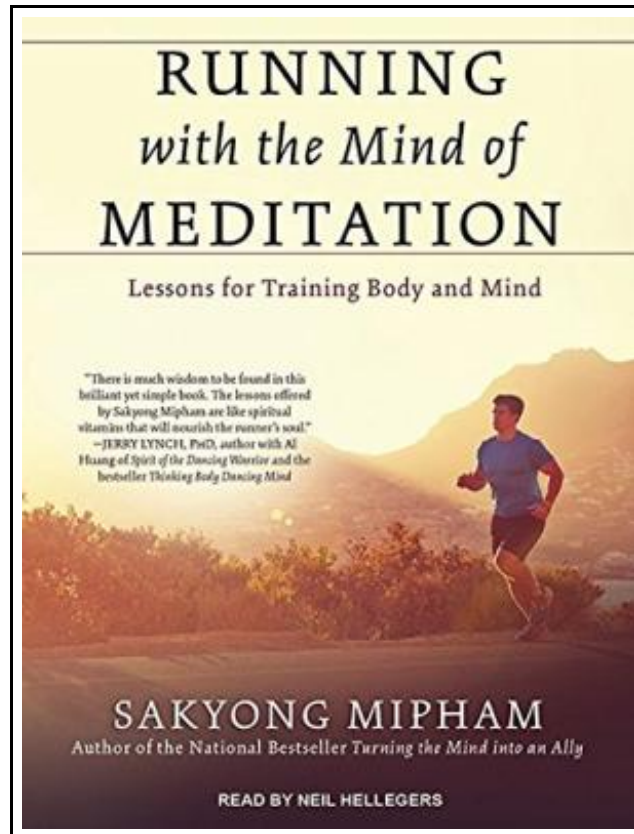


## Running with the Mind of Meditation: Lessons for Training Body and Mind



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