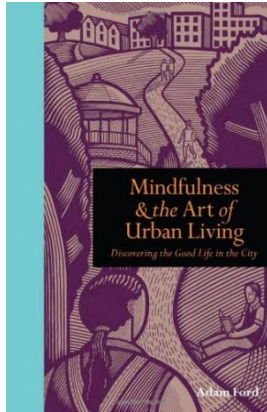


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## MINDFULNESS & THE ART OF URBAN LIVING: DISCOVERING THE GOOD LIFE IN THE CITY



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