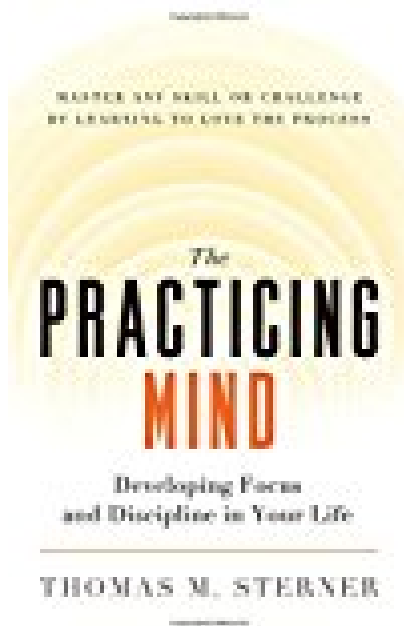


The Practicing Mind Developing Focus and Discipline in Your Life — Master Any Skill or Challenge by Learning to Love the Process



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