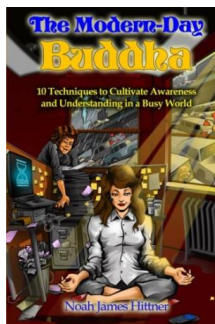


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# THE MODERN-DAY BUDDHA: 10 TECHNIQUES TO CULTIVATE AWARENESS AND UNDERSTANDING IN A BUSY WORLD



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- Authored by Noah James Hittner
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