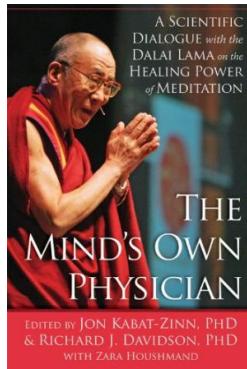


The Mind's Own Physician: A Scientific Dialogue with the Dalai Lama on the Healing Power of Meditation



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