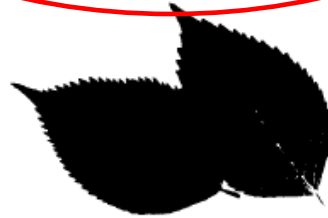


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MINDFULNESS,
and HUMANITY



Ronald Epstein, M.D.

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