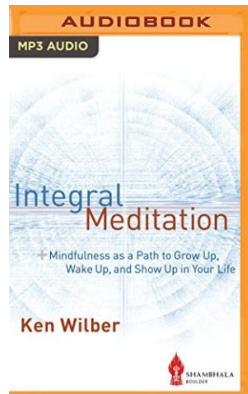


## Integral Meditation: Mindfulness as a Way to Grow Up, Wake Up, and Show Up in Your Life



### Book Review

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**(Eddie Schuppe)**

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