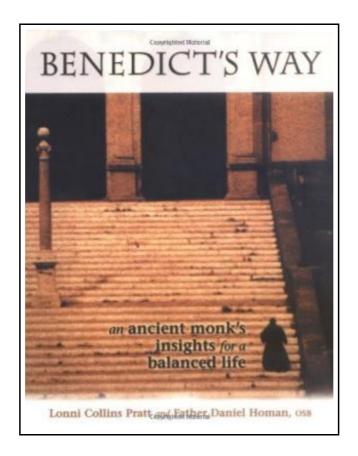
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BENEDICT S WAY: AN ANCIENT MONK S INSIGHTS FOR A BALANCED LIFE



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