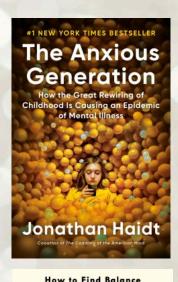
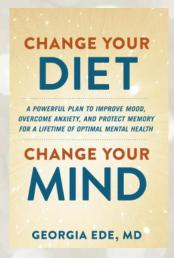
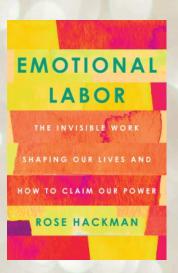
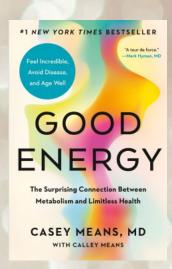
BOOKS TO READ FOR A

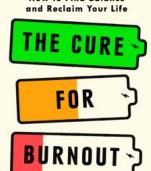
New Year, New You













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> CHANGE YOUR BRAIN EVERY DAY



Meditations for Mortals

Four Weeks to Embrace Your Limitations and Make Time for What Counts

Oliver S Burkeman





