

A woman with blonde hair is meditating in a grassy field. She is wearing a white long-sleeved shirt and white pants. Her hands are resting on her knees in a mudra. The background is a soft-focus green field with trees and a bright sun creating a bokeh effect. A dark green horizontal band is overlaid across the middle of the image, containing the title text.

FINDING HAPPINESS: MEDITATION'S POWER

Meditation For Health Happiness Meditation For Health Happiness

Annelies Wilder-Smith



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