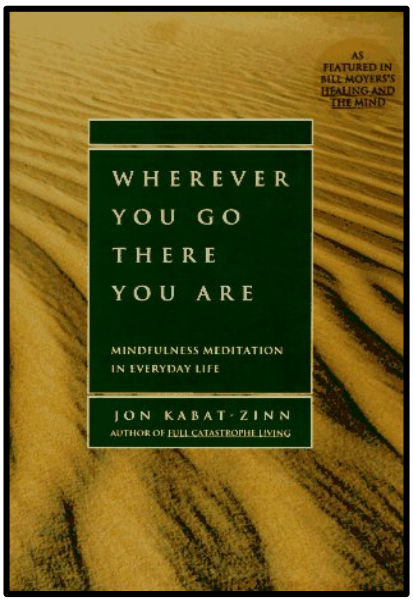
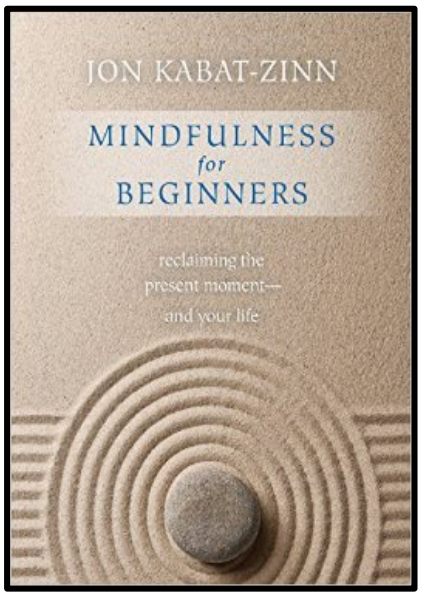
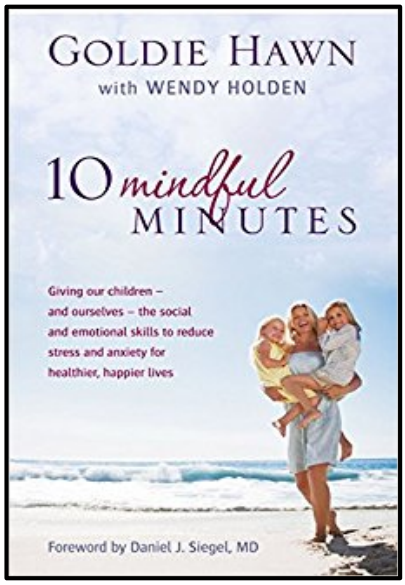
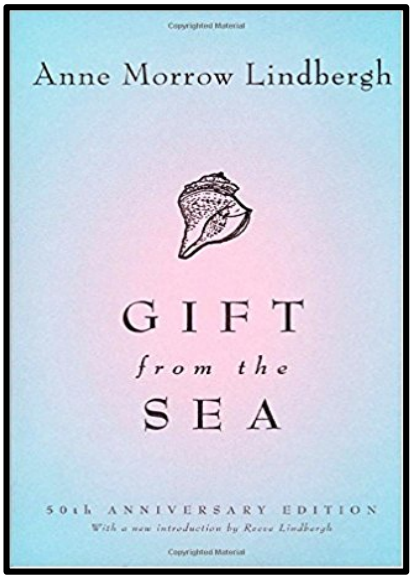
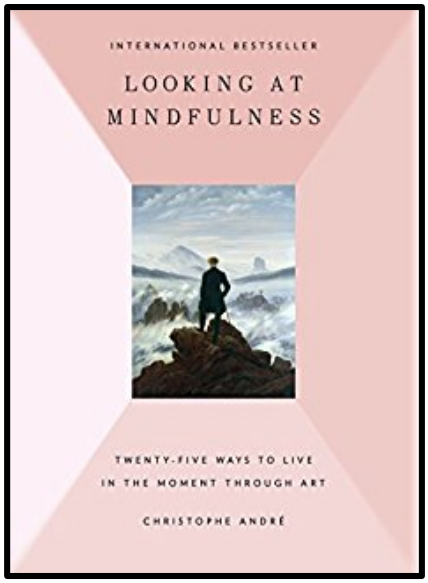
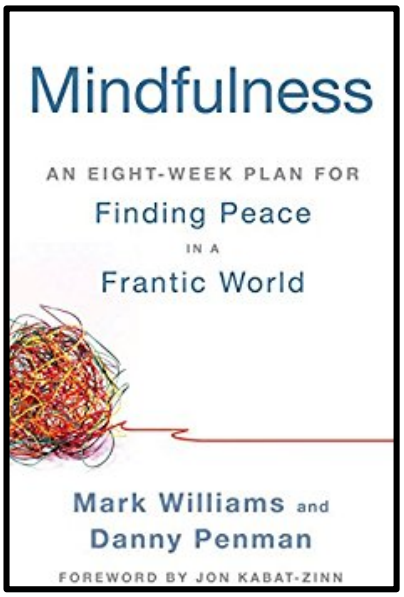
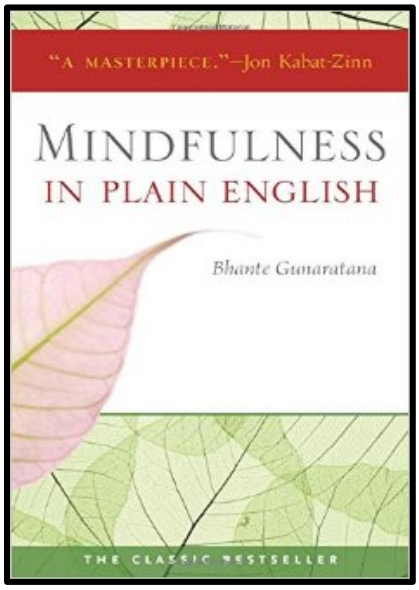
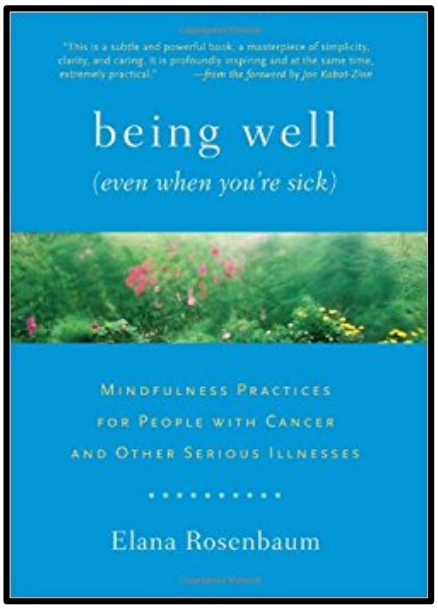
A Mindful Reading List

(Thanks, RRPL book discussion group!)