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„Kümne minuti zen“ on lihtne ja tõhus käsiraamat, mis aitab alustada päeva õiges meeleolus, et olla valmis võimalikeks katsumusteks. Kulutame igal hommikul kümme minutit nii duši all käimisele, hommikusöögi valmistamisele kui ka söömisele, kuid ei leia

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