



David Dillard-Wright

## A Mindful Day 2019 Daily Calendar: 365 Meditations to Inspire Peace & Balance



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Who couldn't? A Mindful Time 2019 Daily Calendar is normally your mild reminder to take a break and recharge. It work with a bit more peace in their day? Each estimate provides a simple instant of awareness to soothe your soul as you undertake each day with calm, focus, and joy.



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