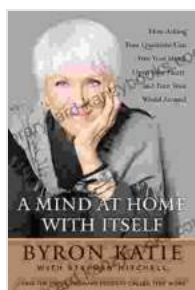


# Escape the Noise: A Journey to Inner Peace with "Mind At Home With Itself"

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## Alt Attributes:

- Image of a person meditating in a peaceful setting: "A person sitting in a serene garden, practicing mindfulness meditation, surrounded by tranquility."
- Image of the book cover for "Mind At Home With Itself": "The cover of 'Mind At Home With Itself' featuring a serene landscape and a peaceful mind."
- Image of a woman reading "Mind At Home With Itself" in a cozy armchair: "A woman immersed in the transformative wisdom of 'Mind At Home With Itself', finding solace and inner peace."



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★★★★☆ 4.5 out of 5

Language : English  
File size : 1083 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 304 pages

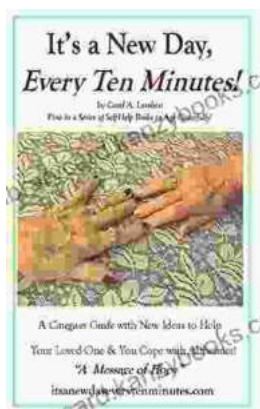
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