

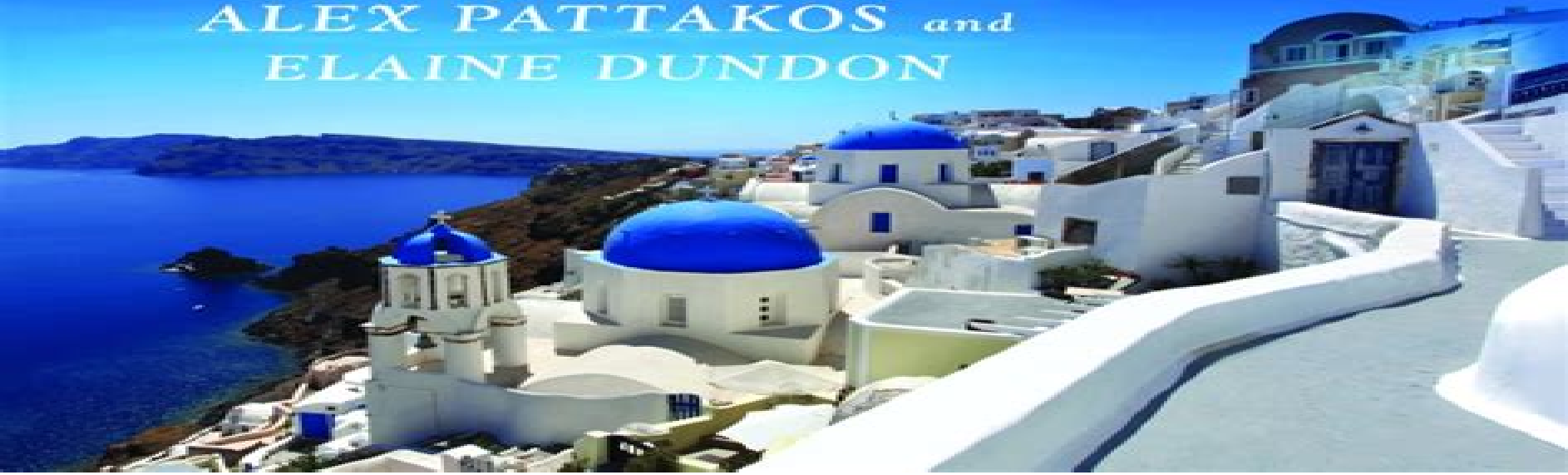
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# *The* **OPA!** *Way*

*Finding Joy & Meaning  
in Everyday Life & Work*

ALEX PATTAKOS *and*  
ELAINE DUNDON



# The Opa Way Finding Joy Meaning In Everyday Life Work

**Alex Pattakos, Elaine Dundon**



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