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to the new Sleep Story I wrote about my time on Ahe, The Black Pearls of Tahiti, then you might hear (if you're not already asleep) the scene where I describe going out on the lagoon in a silver, flat-bottomed jon boat. I wrote about the men who work on the farm

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and how they free-dive meters
below the lagoon's surface to
where the oysters are grown, kept
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The Black Pearls of Tahiti — Calm
Blog

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compassion and how to share
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