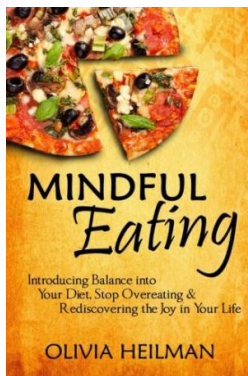


## Mindful Eating: Introducing Balance Into Your Diet, Stop Overeating Rediscovering the Joy in Your Life



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