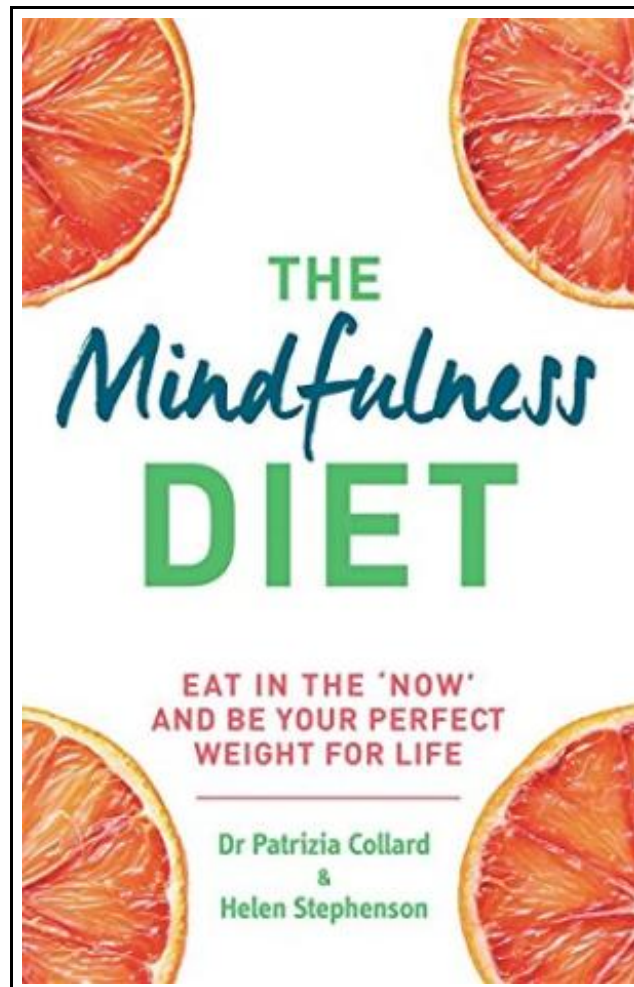


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THE MINDFULNESS DIET: EAT IN THE 'NOW' AND BE THE PERFECT WEIGHT FOR LIFE - WITH MINDFULNESS PRACTICES AND 70 RECIPES

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