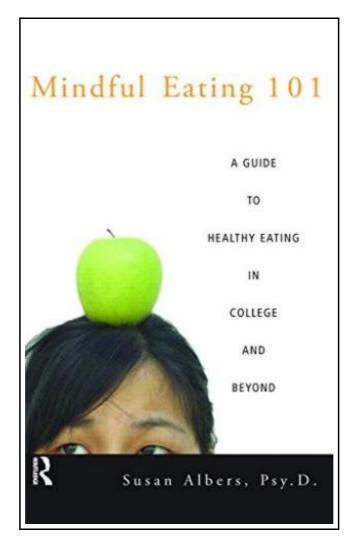
## Mindful Eating 101: A Guide to Healthy Eating in College and Beyond



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