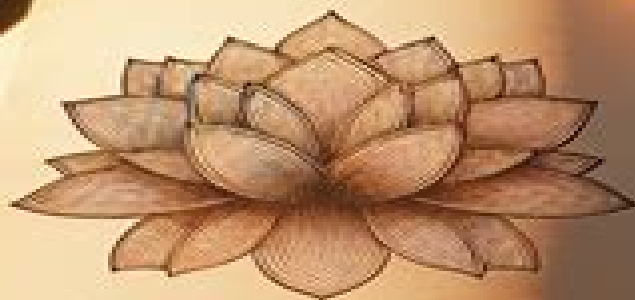


Mindfulness

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Stress Relief 2025 Edition

GRAYSON ALDER



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