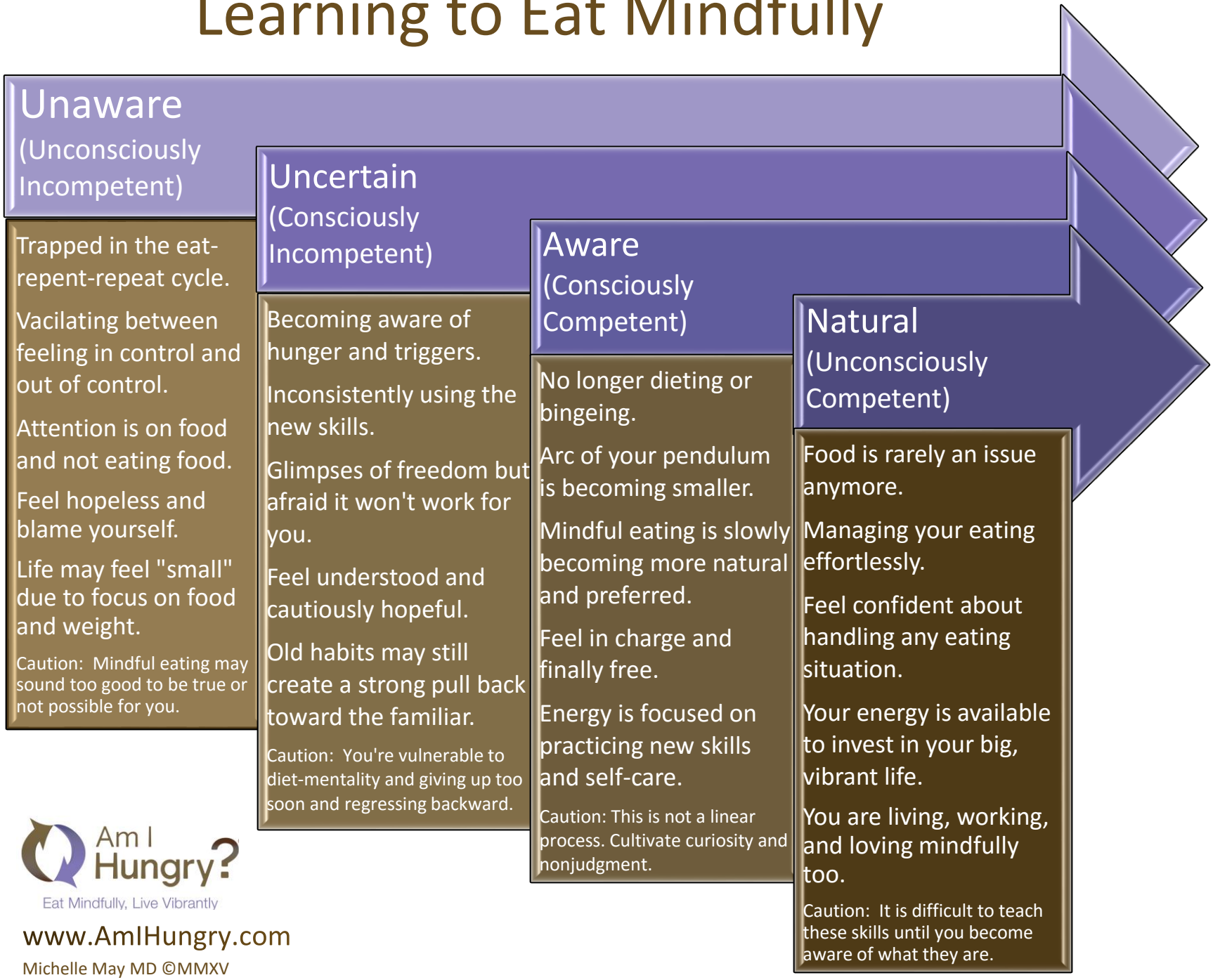
Learning to Eat Mindfully



Am I Hungry?

Eat Mindfully, Live Vibrantly

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