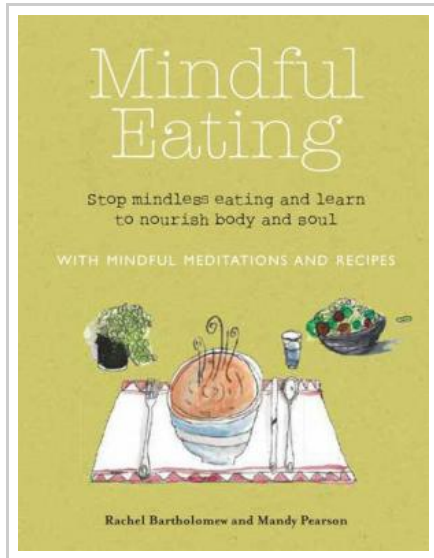




Mindful Eating: Stop Mindless Eating and Learn to Nourish Body and Soul

By Rachel Bartholomew, Mandy Pearson

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