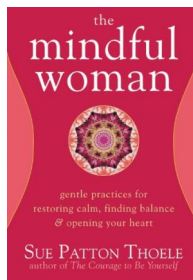


The Mindful Woman: Gentle Practices for Restoring Calm, Finding Balance, and Opening Your Heart



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