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Daily Practices for a
Calmer, Happier You

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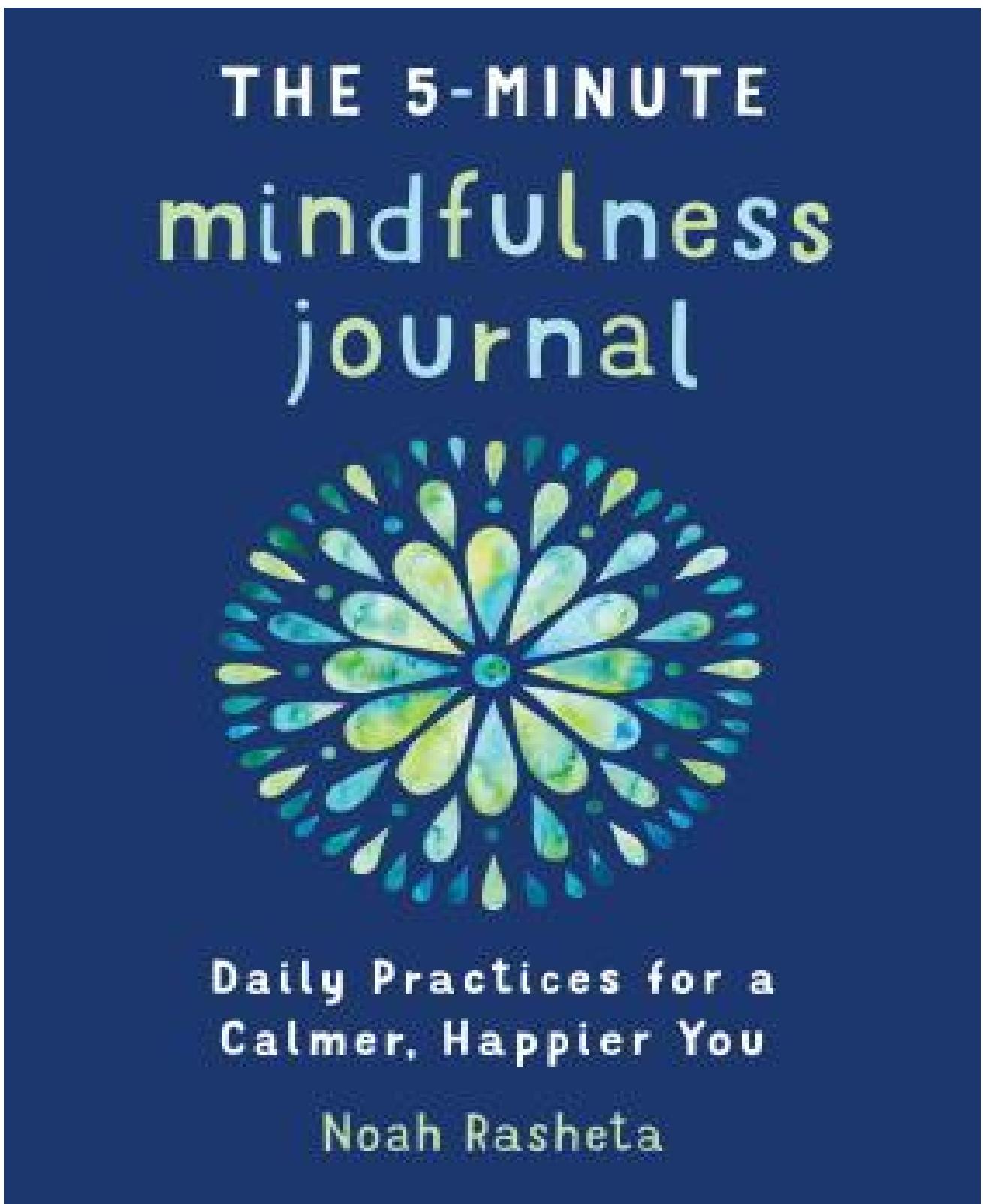
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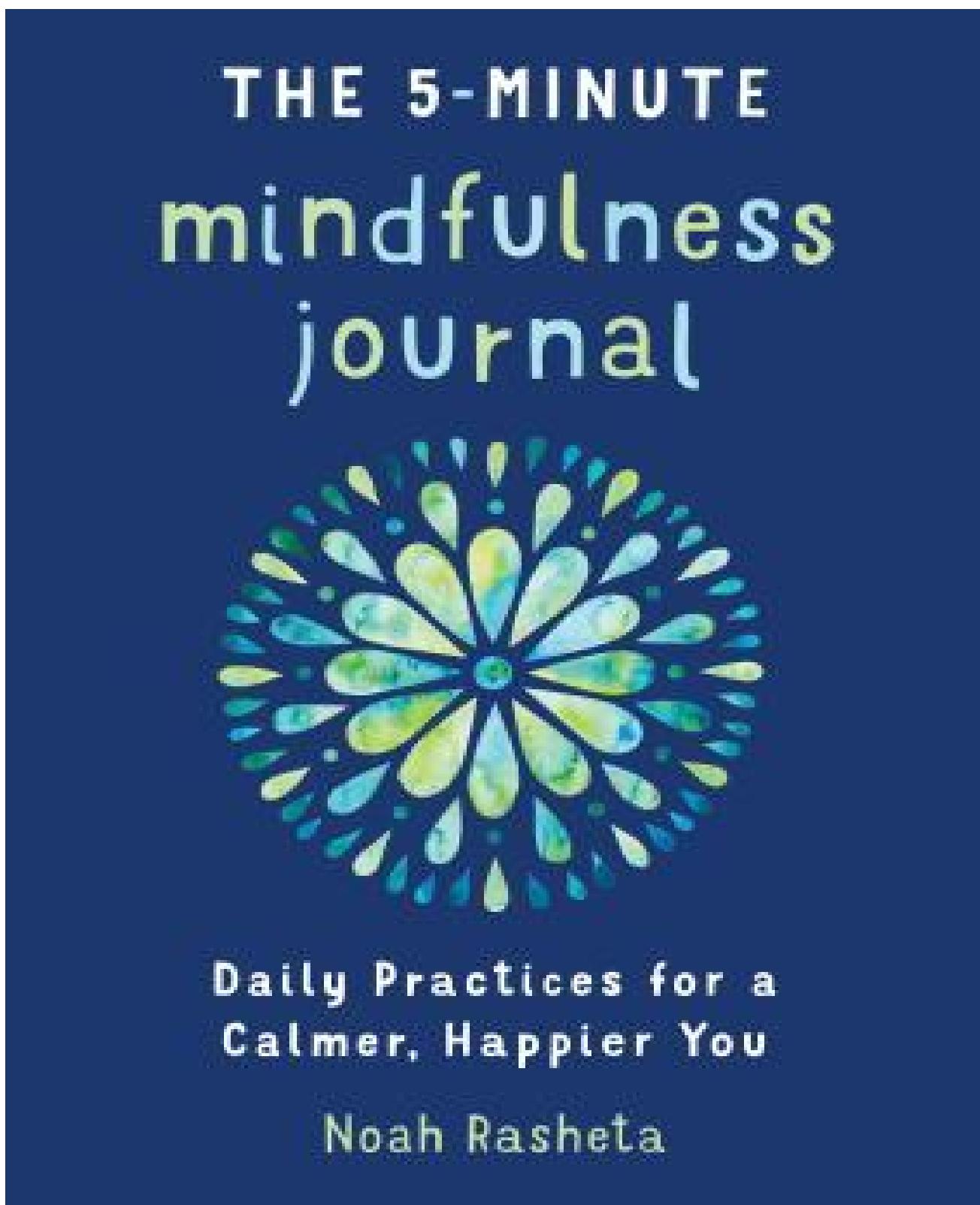
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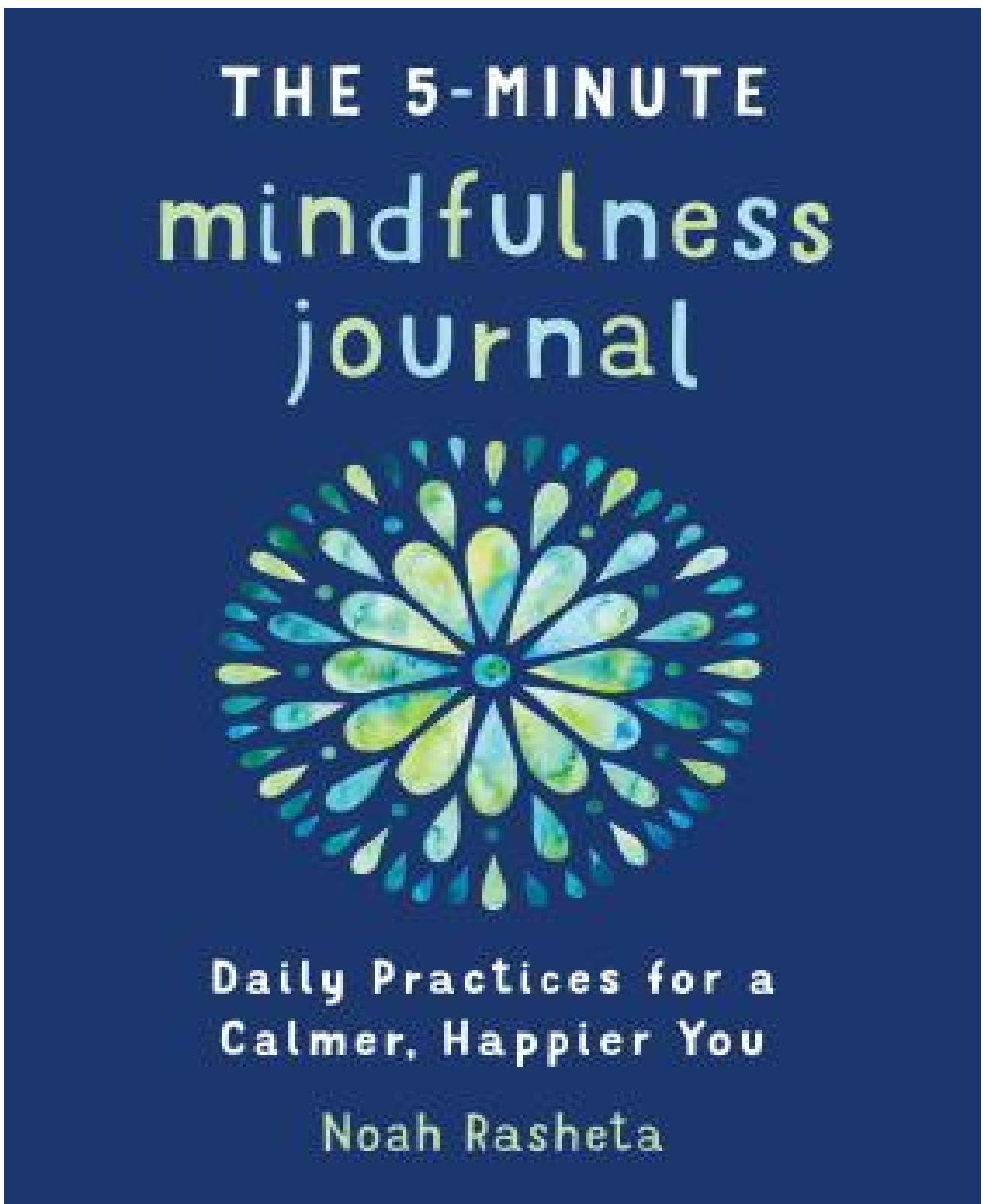
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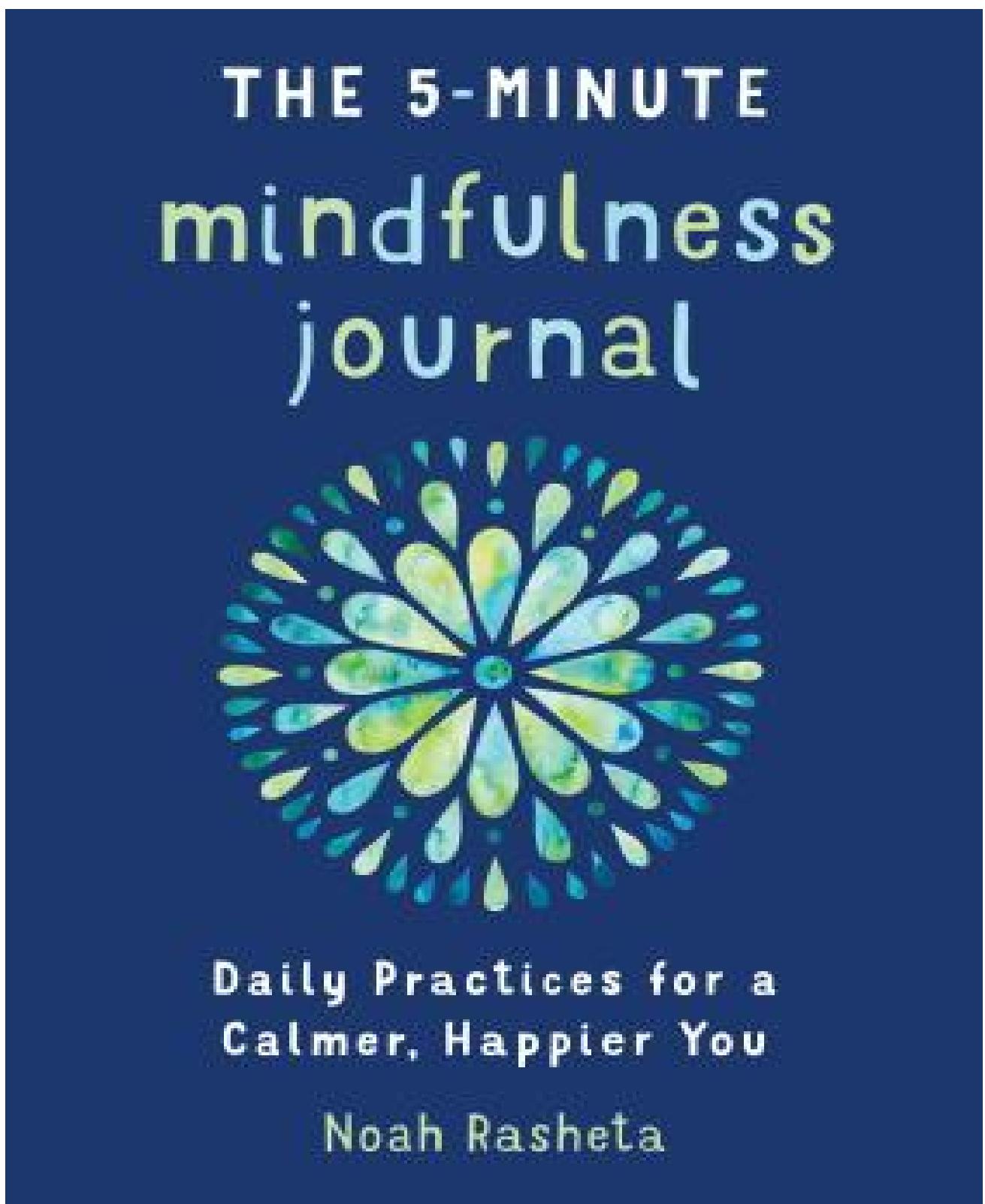
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