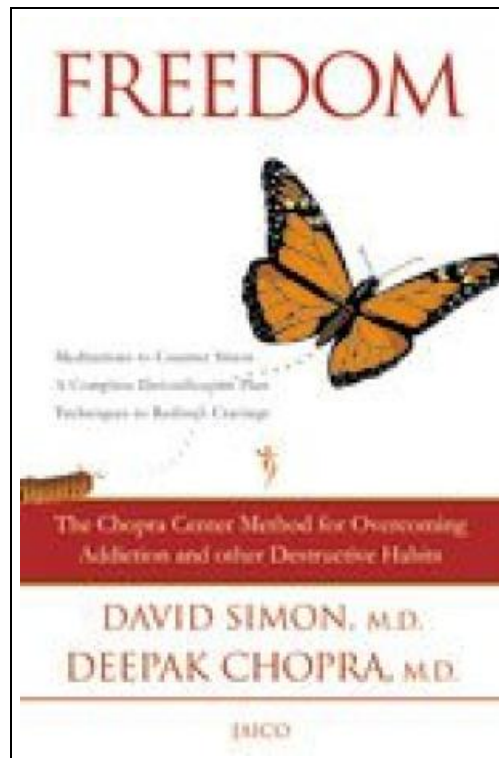# Freedom: Meditations to Counter Strees a Complete Detoxification Plan Techniques to Redirect Cravings

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