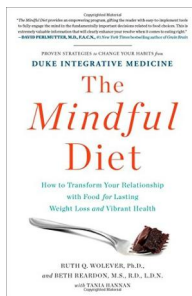


## The Mindful Diet: How to Transform Your Relationship with Food for Lasting Weight Loss and Vibrant Health



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