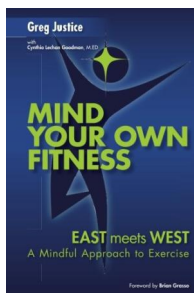


## Mind Your Own Fitness: A Mindful Approach to Exercise and Nutrition (Paperback)



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