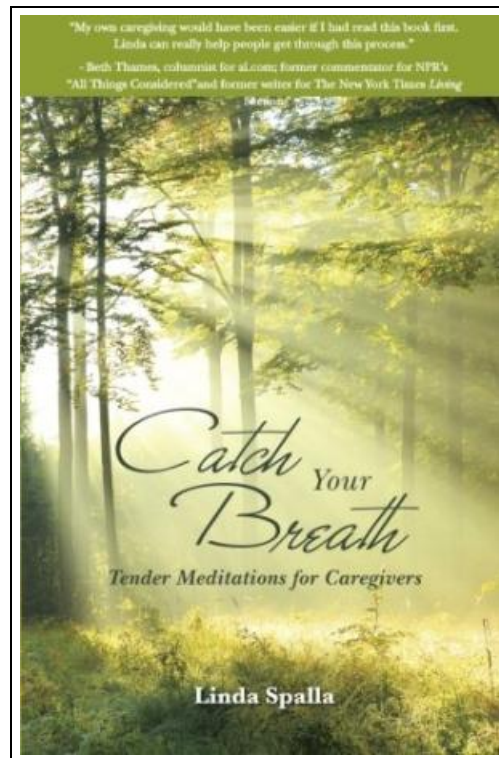


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CATCH YOUR BREATH: TENDER MEDITATIONS FOR CAREGIVERS

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