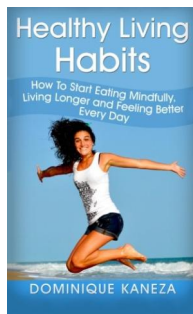


## Healthy Living Habits: How to Start Eating Mindfully, Living Longer, and Feeling Better Every Day



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