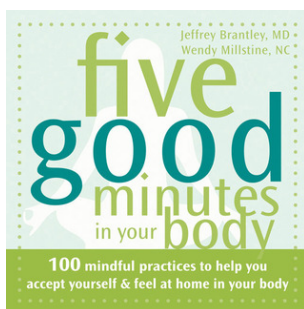


# Five Good Minutes In Your Body: 100 Mindful Practices To Help You Accept Yourself And Feel At Home In Your Body

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