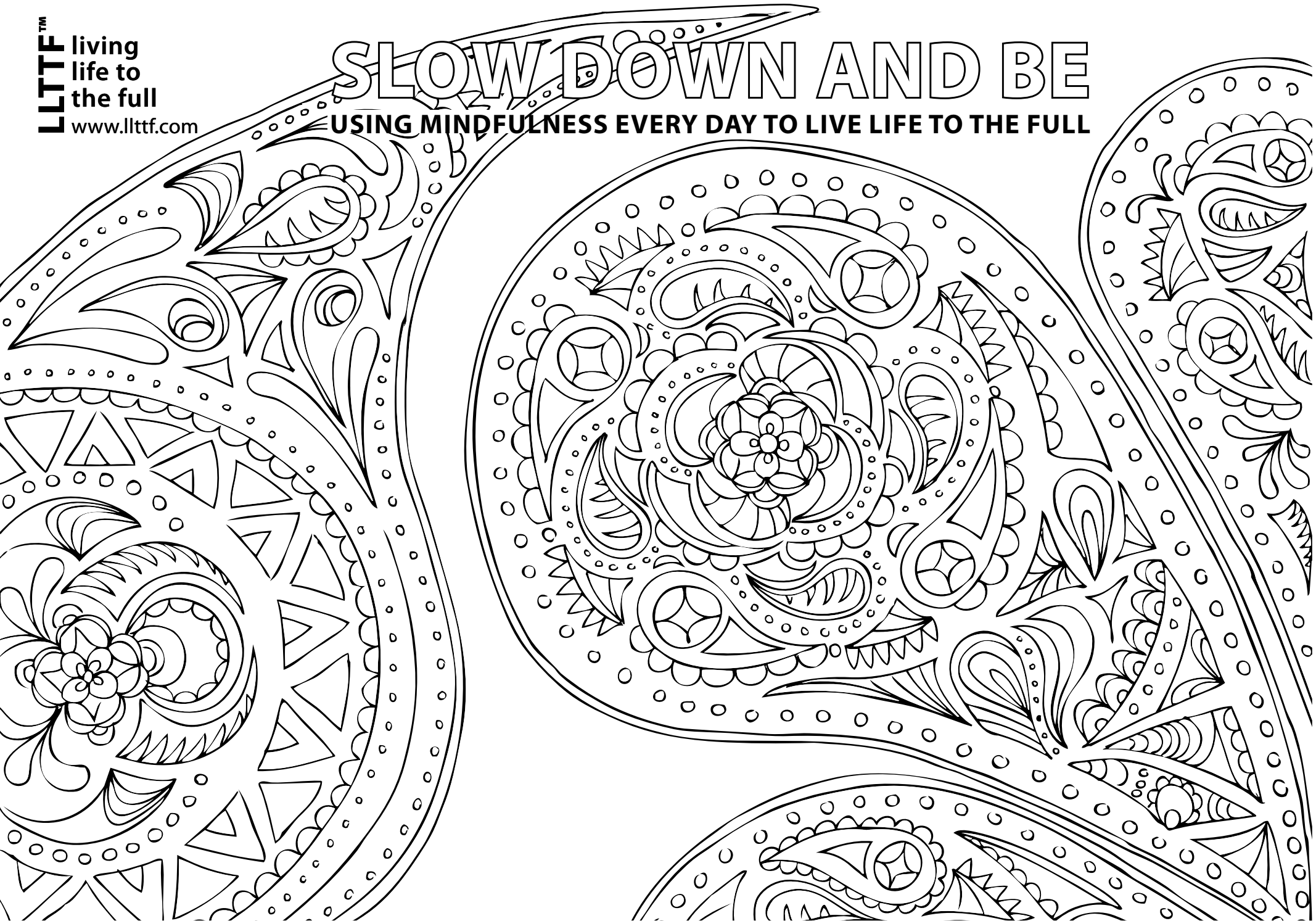


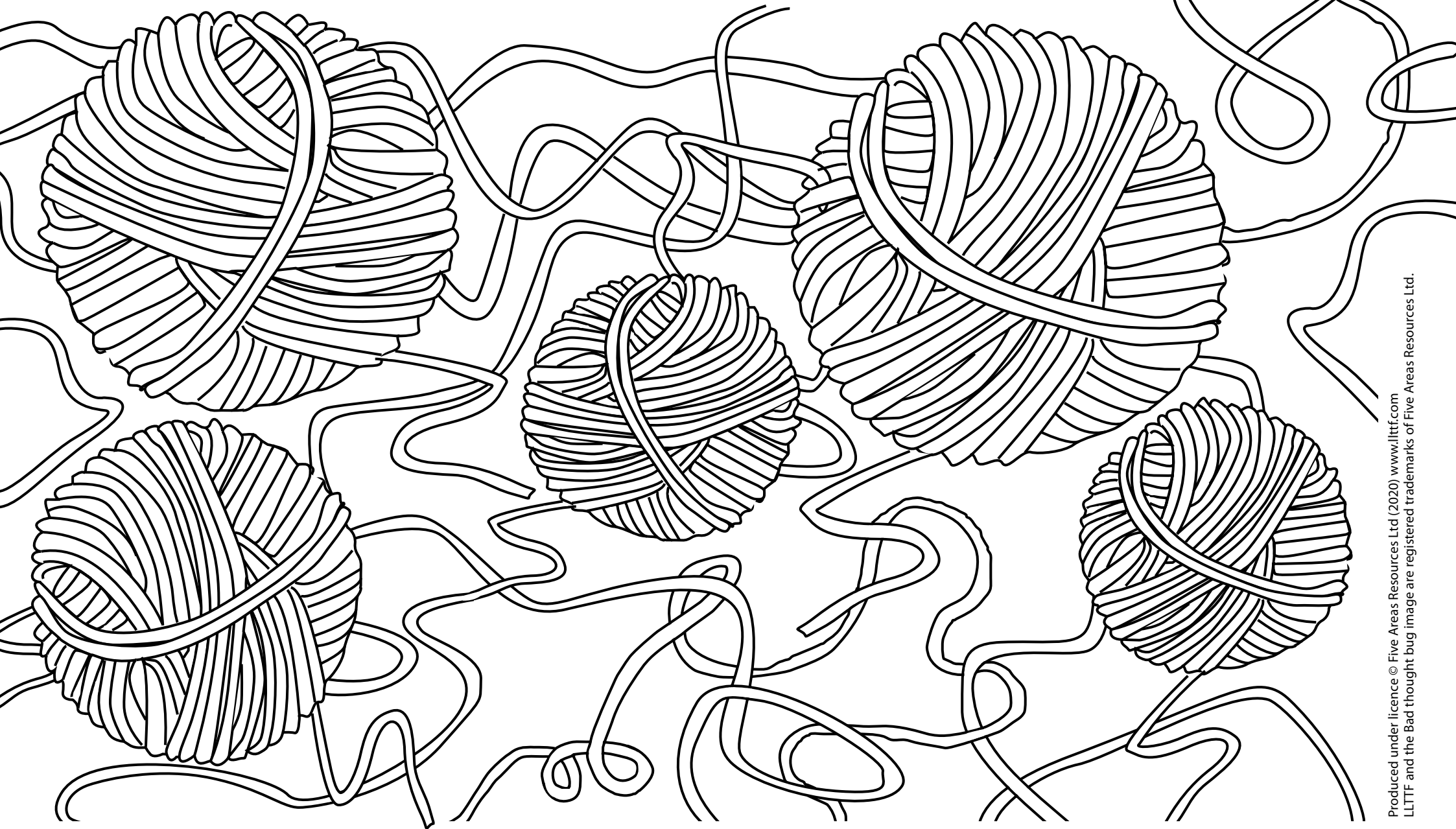
SLOW DOWN AND BE

USING MINDFULNESS EVERY DAY TO LIVE LIFE TO THE FULL



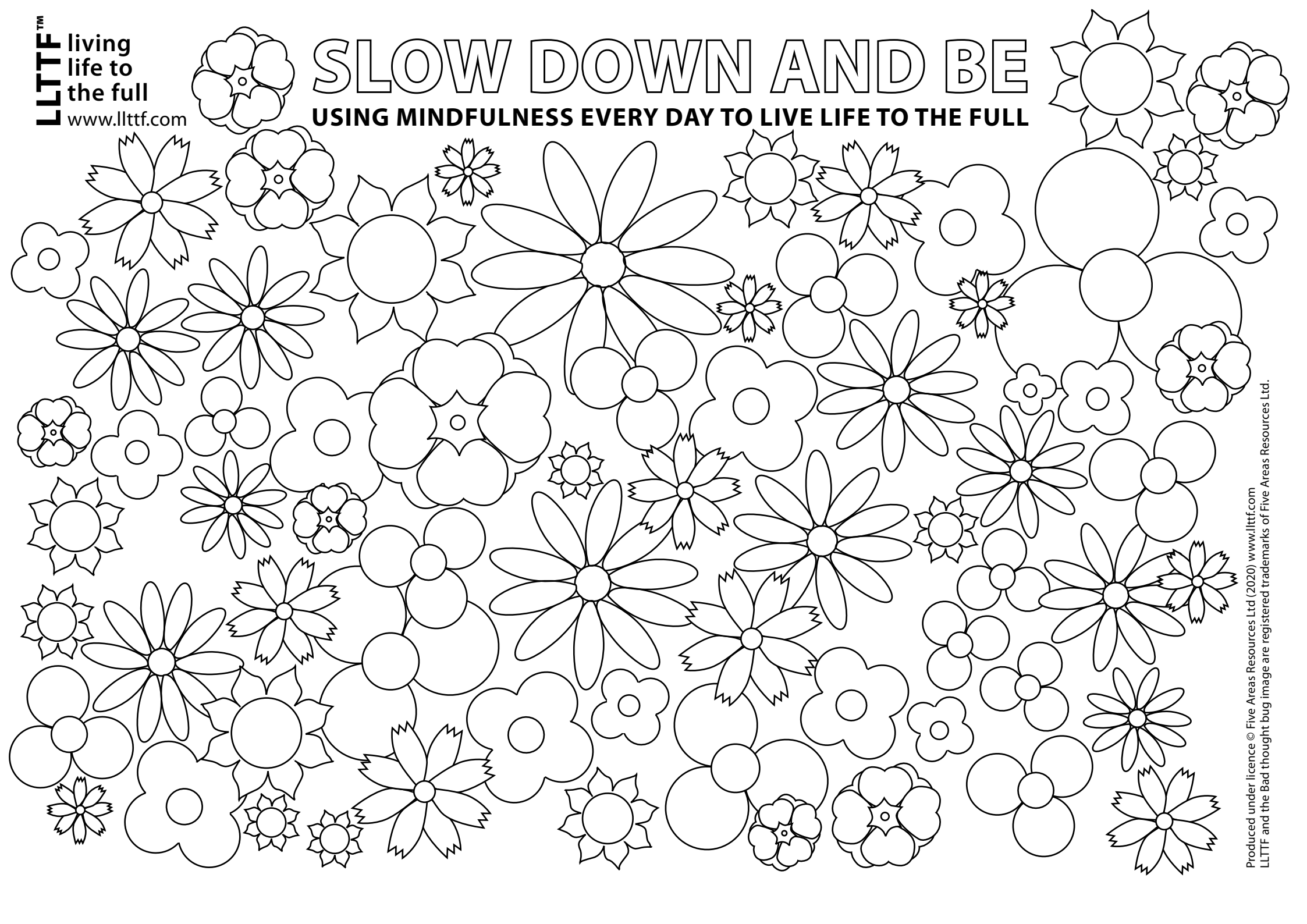
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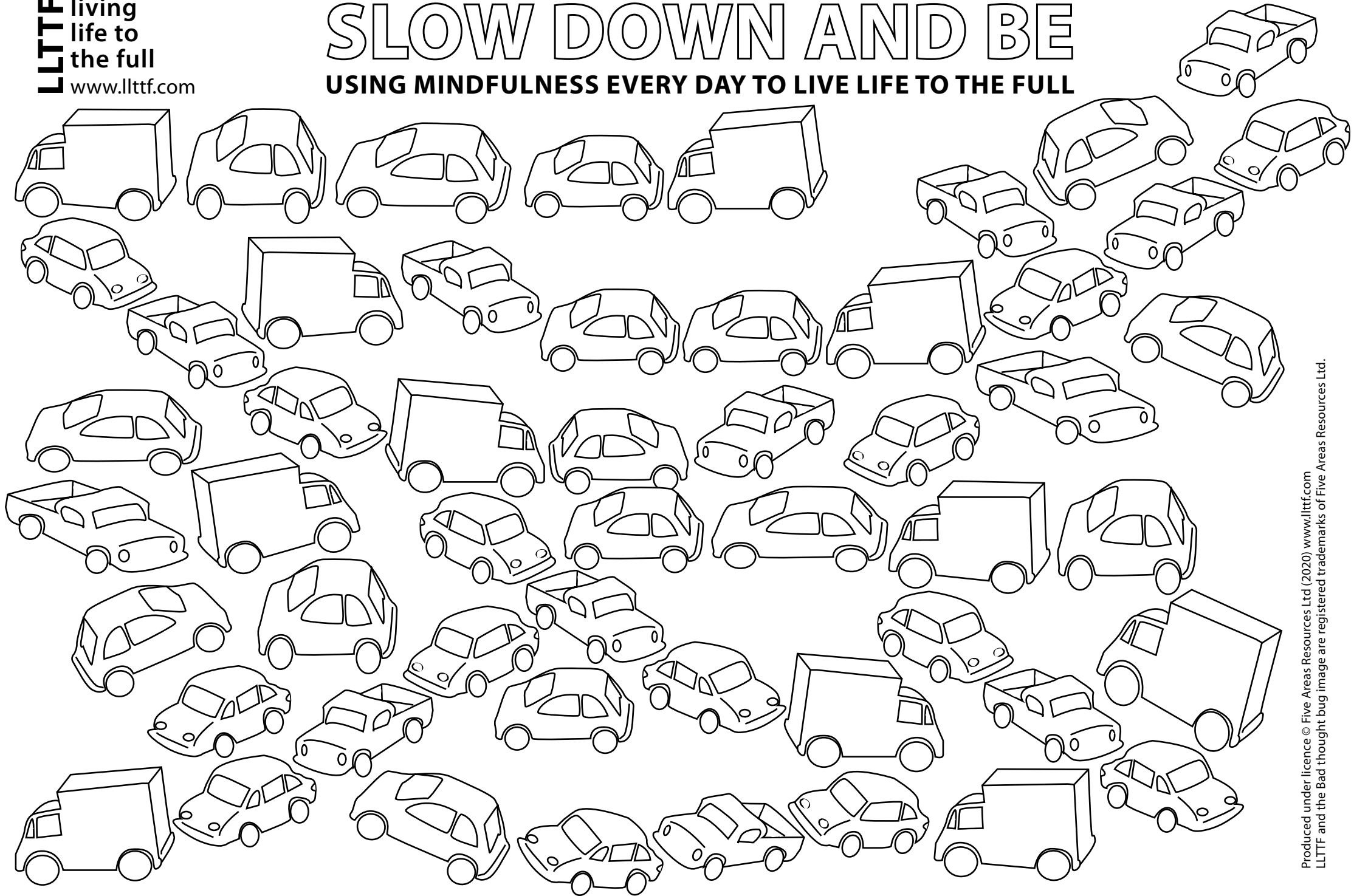
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