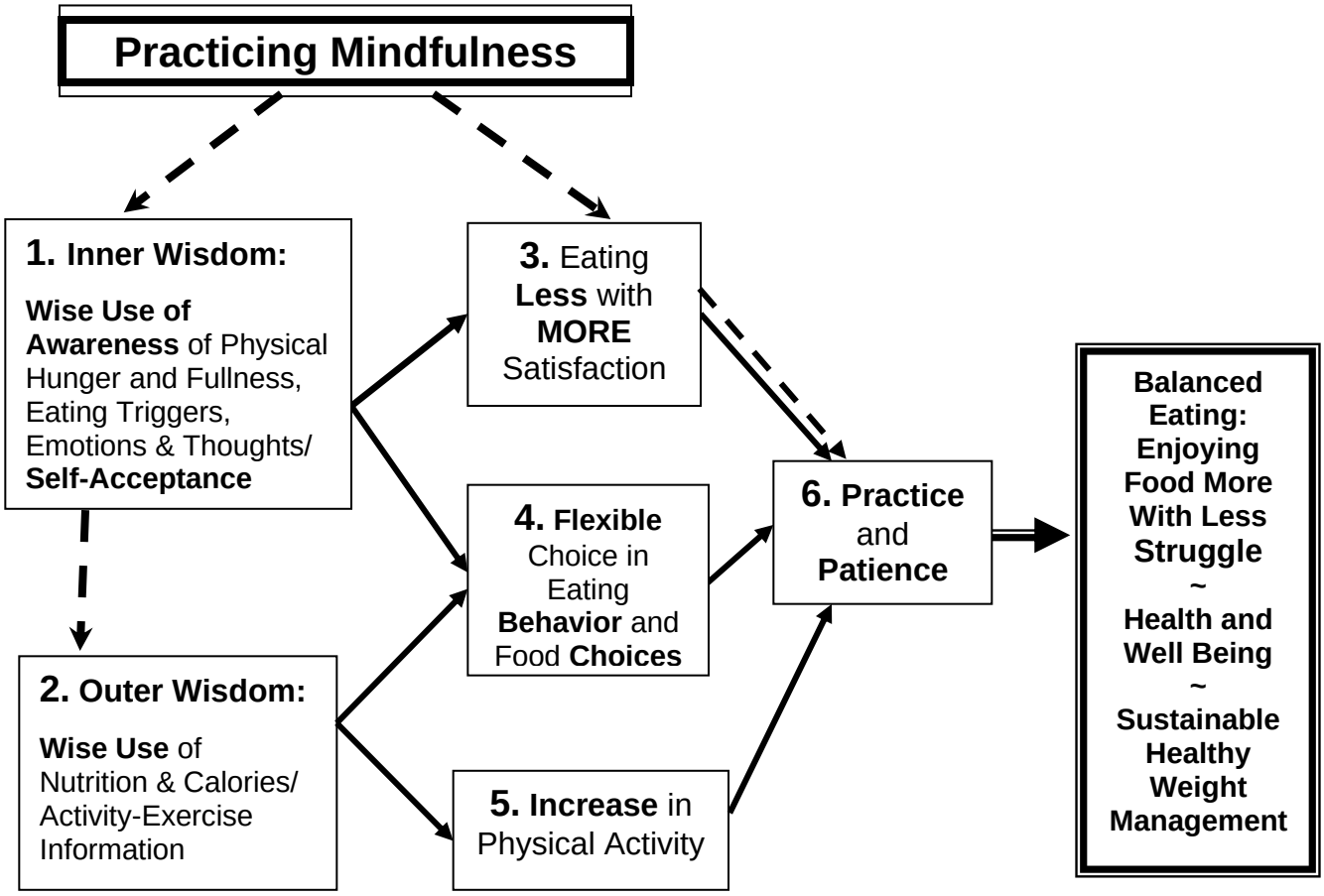
Inner Wisdom/Outer Wisdom:

Creating Mindful Eating – Choosing Quality Over Quantity



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