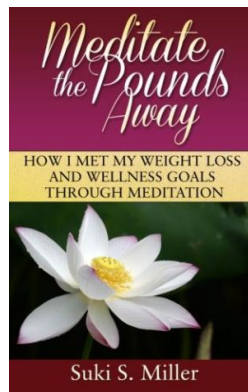


## Meditate the Pounds Away: How I Met My Weight Loss and Wellness Goals Through Meditation



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