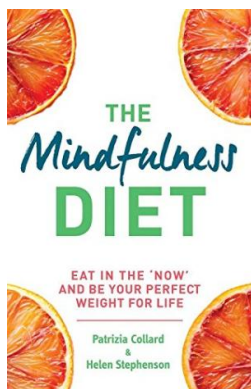# The Mindfulness Diet: Eat in the Now and Be the Perfect Weight for Life - With Mindfulness Practices and 70 Recipes (Paperback)

Book Review

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