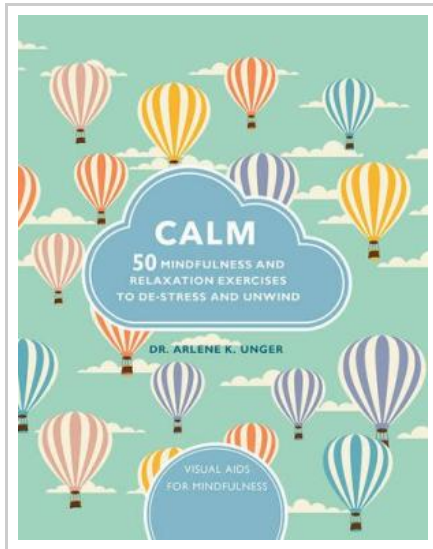




## Calm: 50 Mindfulness Exercises to De-stress Wherever You are

By Arlene Unger

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