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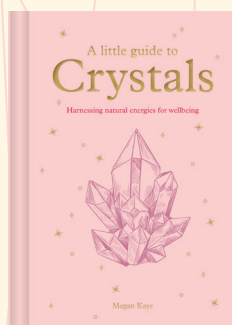
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Packed with practical information to enhance mental and physical wellbeing

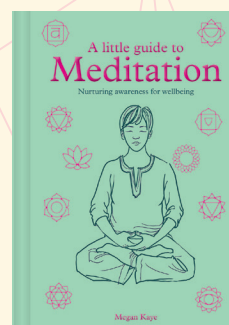
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Megan Kaye, illustrated by Alejandra Peñaloza

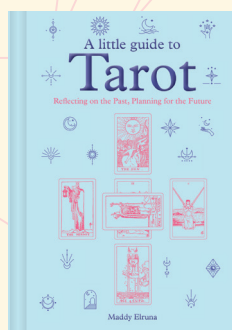
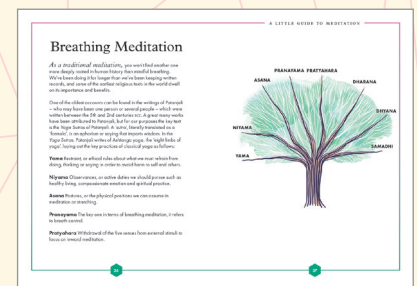
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Megan Kaye

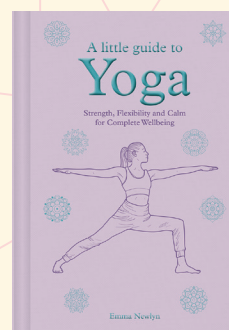
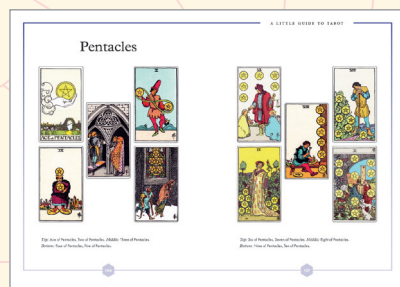
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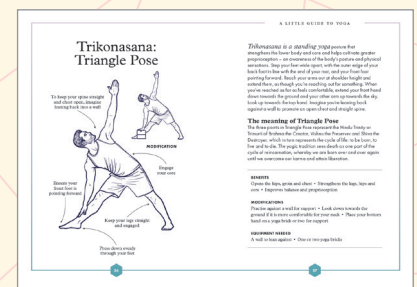
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