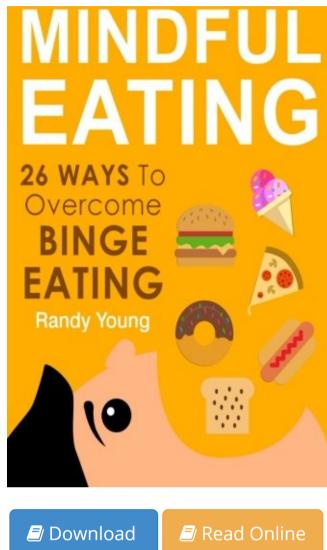
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## Mindful Eating: 26 Ways To Overcome Binge **Eating & Achieve Mindful Eating**





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