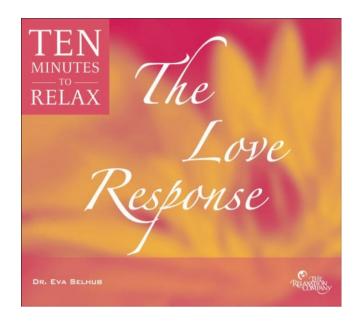
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Ten Minutes to Relax: Guided Meditations for Health, Happiness and Vitality: the Love Response







I thank **Ten Minutes to Relax: Guided Meditations for Health, Happiness and Vitality: the Love Response** author by M.D., Eva M. Selhub for the idea & giving the spirit to my fullday activity.

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Own the 21-Day Meditation for weight loss Challenge ... "The Relaxation Response," a very measurable and ... With just 10 minutes a day of guided meditation for 21 ... 21-Day Meditation for Weight Loss Challenge.