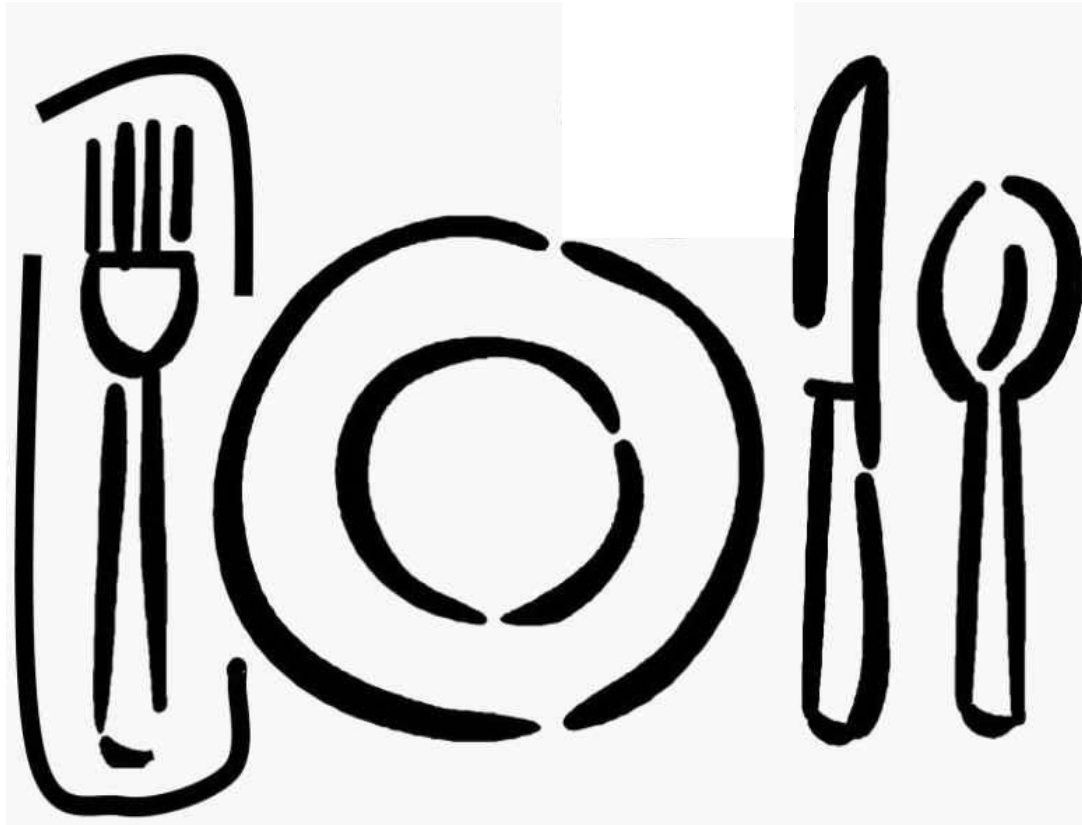


# Tips & Doodles: 10 Ways to Practice Mindful Eating



Slow  
Down!

