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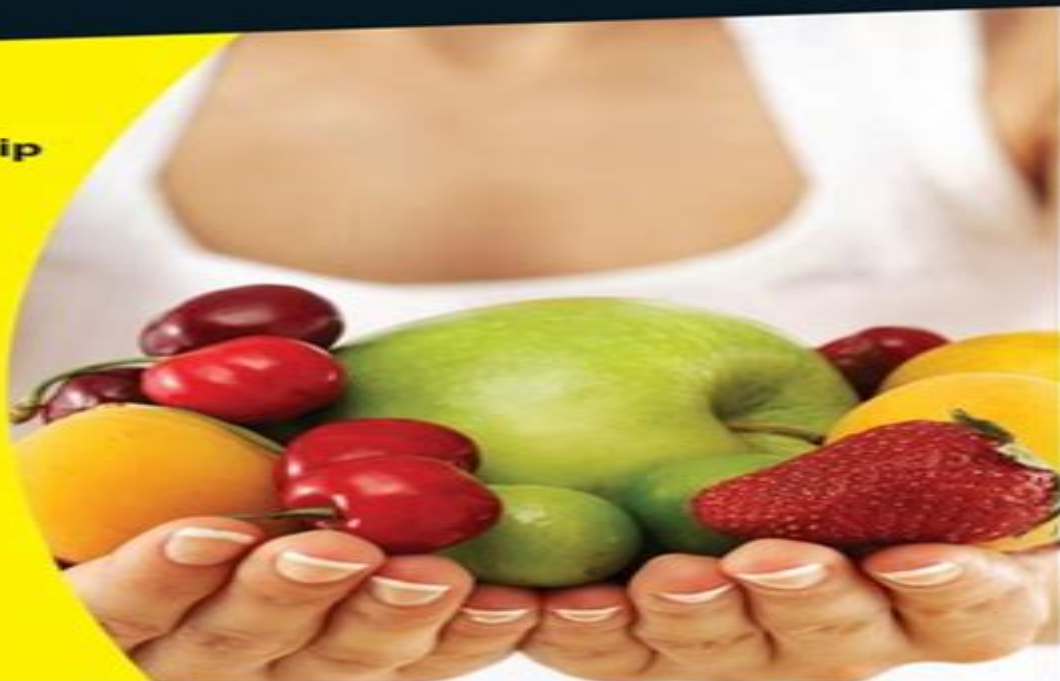
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- Choose healthy foods mindfully
- Feel good in your body, mind and spirit
- Manage weight successfully

**Laura Dawn**

*Registered Holistic Nutritionist*



# Mindful Eating For Dummies

**Minjie Lin**



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