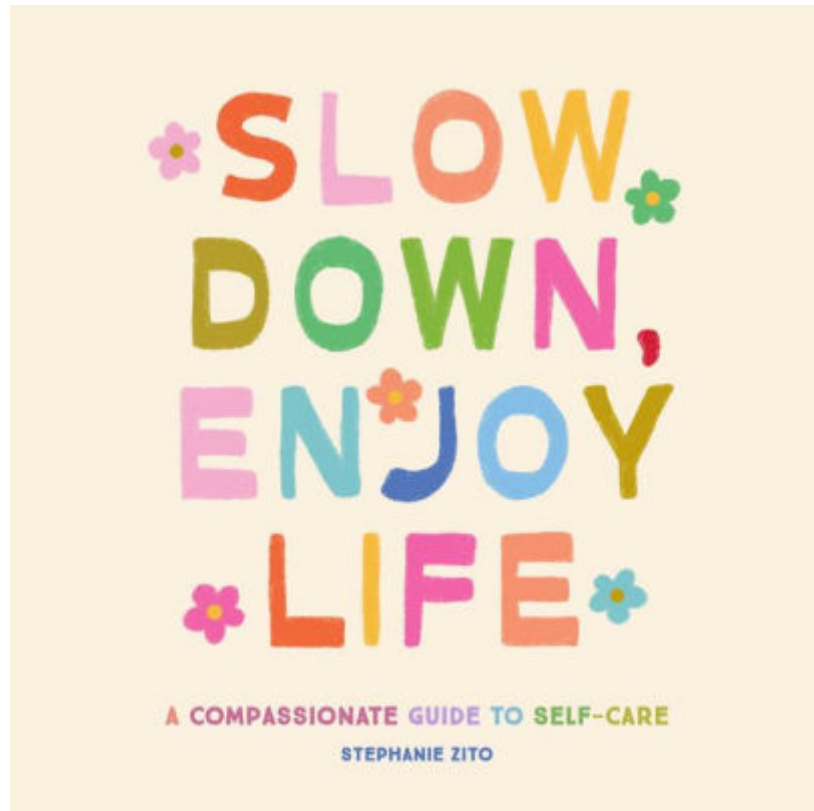


# Slow Down, Enjoy Life: A Compassionate Guide to Self-Care

by Stephanie Zito



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