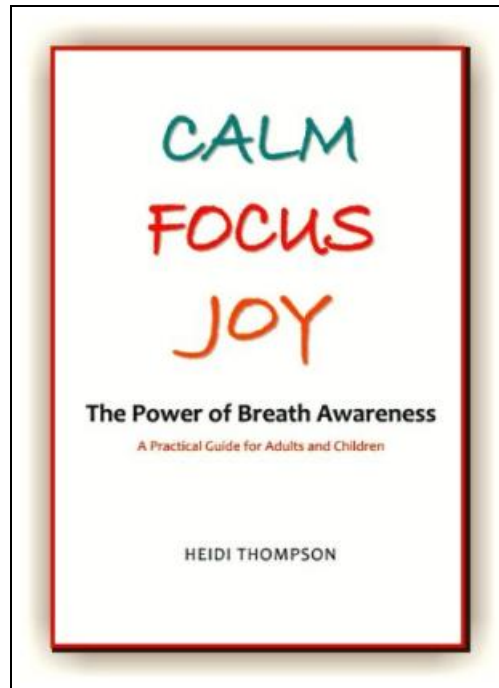


## Calm Focus Joy: The Power of Breath Awareness - A Practical Guide for Adults and Children



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