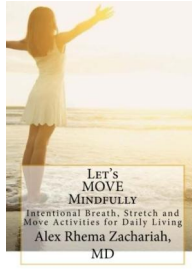


Let's Move Mindfully: Intentional Breath, Stretch and Move Activities for Daily Living



Book Review

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