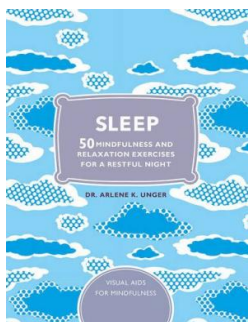


Sleep: 50 Mindfulness Exercises for a Restful Night's Sleep



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