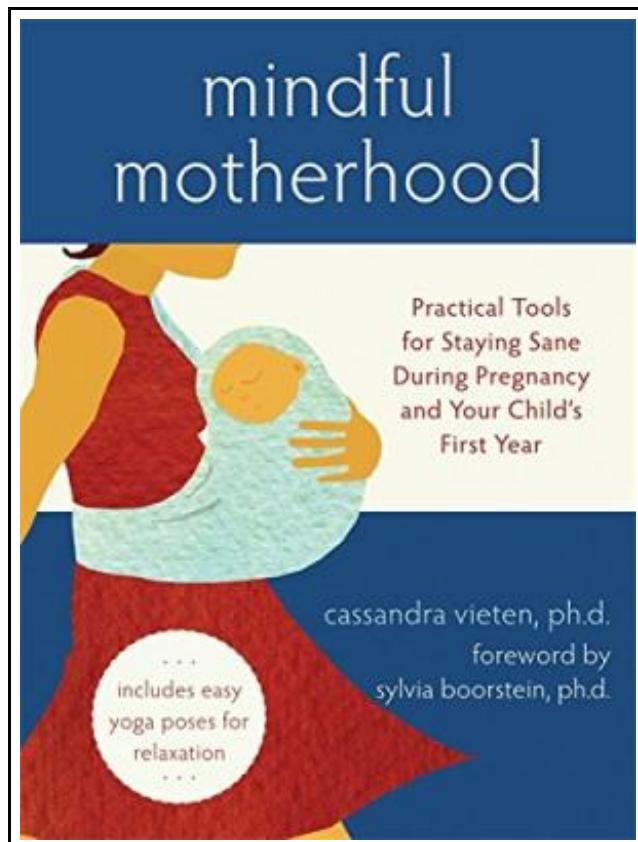


Mindful Motherhood: Practical Tools for Staying Sane During Pregnancy and Your Child's First Year



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