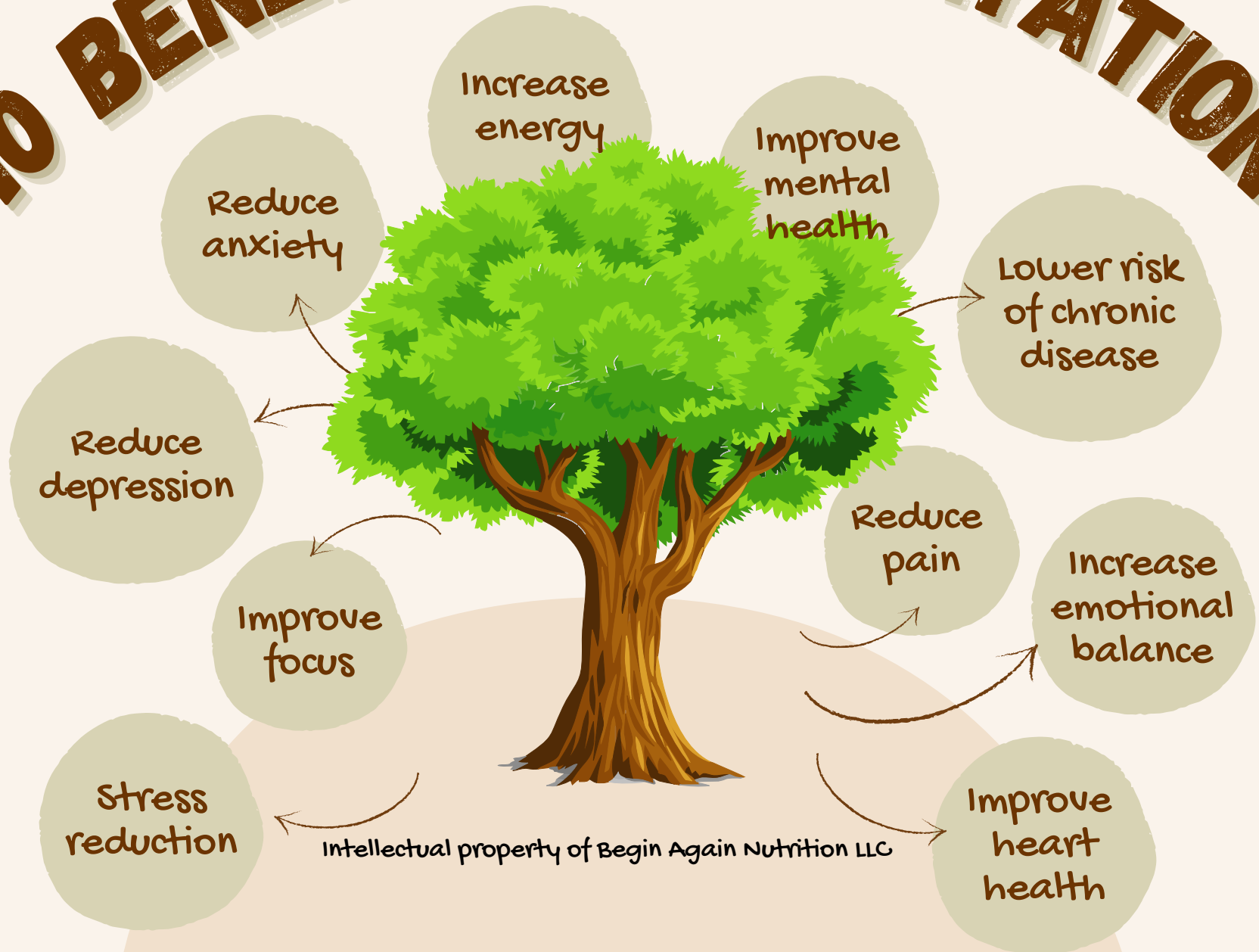


10 BENEFITS OF MEDITATION



Intellectual property of Begin Again Nutrition LLC

Find 5 to 20 minutes to sit quietly each day