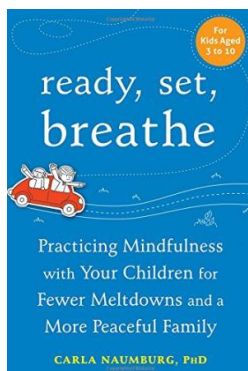


Ready, Set, Breathe: Practicing Mindfulness with Your Children for Fewer Meltdowns and a More Peaceful Family



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