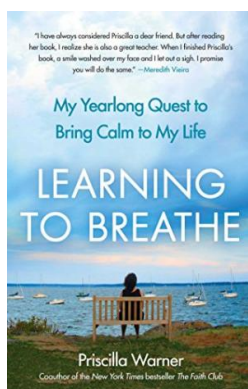


## Learning to Breathe: My Yearlong Quest to Bring Calm to My Life



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