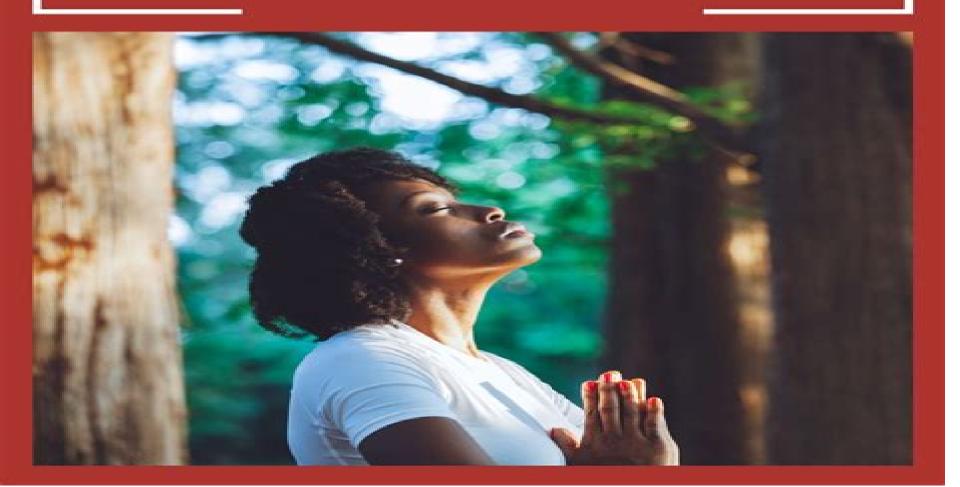
# MINDFUL BREATHING: TIPS AND TRICKS

TIP SHEET



# **Mindful Of Tricks**

**Christian G. Meyer** 

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