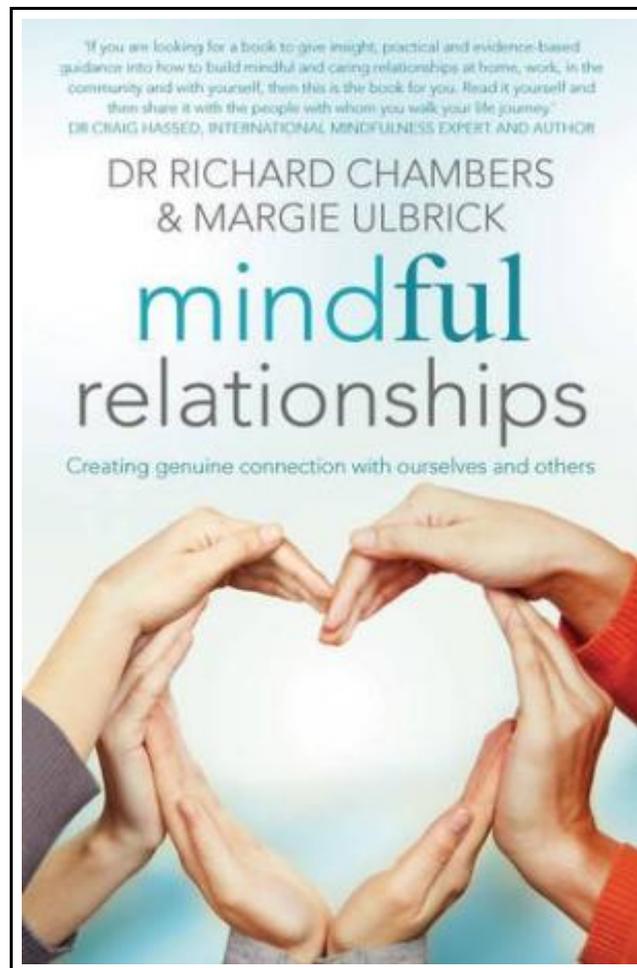


## Mindful Relationships: Creating Genuine Connections with Ourselves and Others



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## MINDFUL RELATIONSHIPS: CREATING GENUINE CONNECTIONS WITH OURSELVES AND OTHERS



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