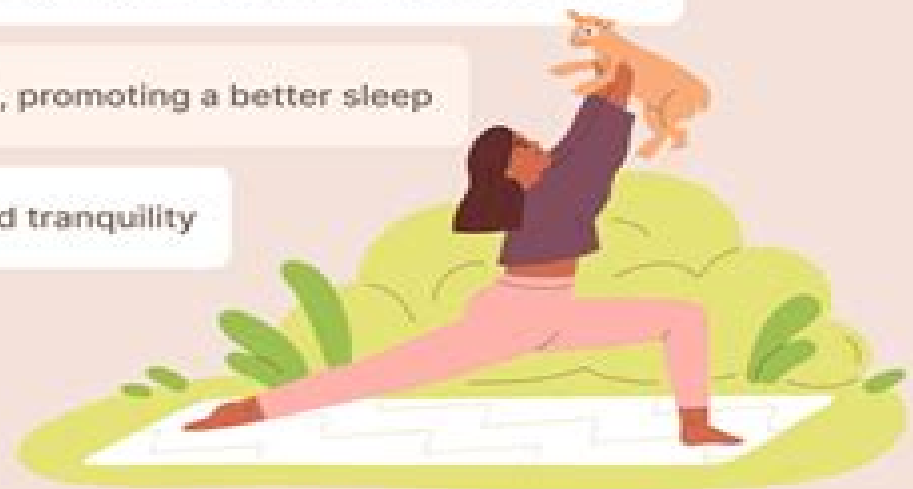


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1. Trains your body and mind through a relaxation response, decreasing stress
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