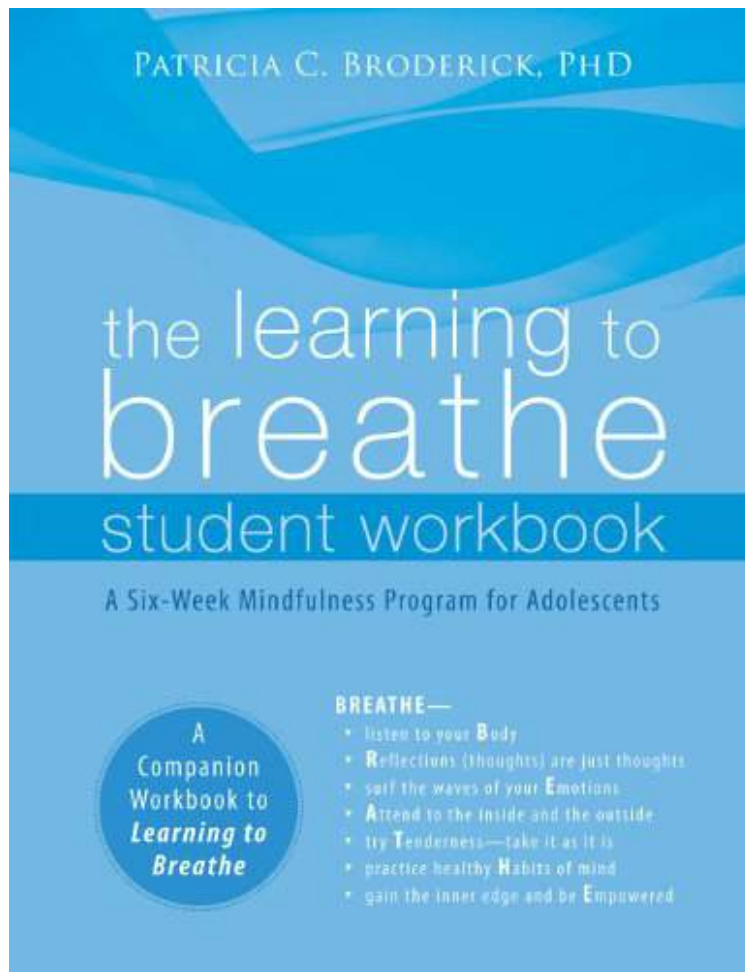


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The Learning to Breathe Student Workbook: A Six-Week Mindfulness Program for Adolescents

By Patricia C. Broderick PhD

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