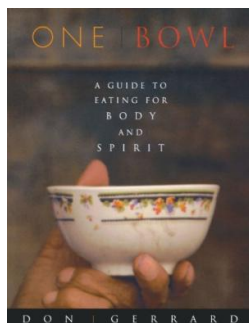


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## ONE BOWL: A GUIDE TO EATING FOR BODY AND SPIRIT



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