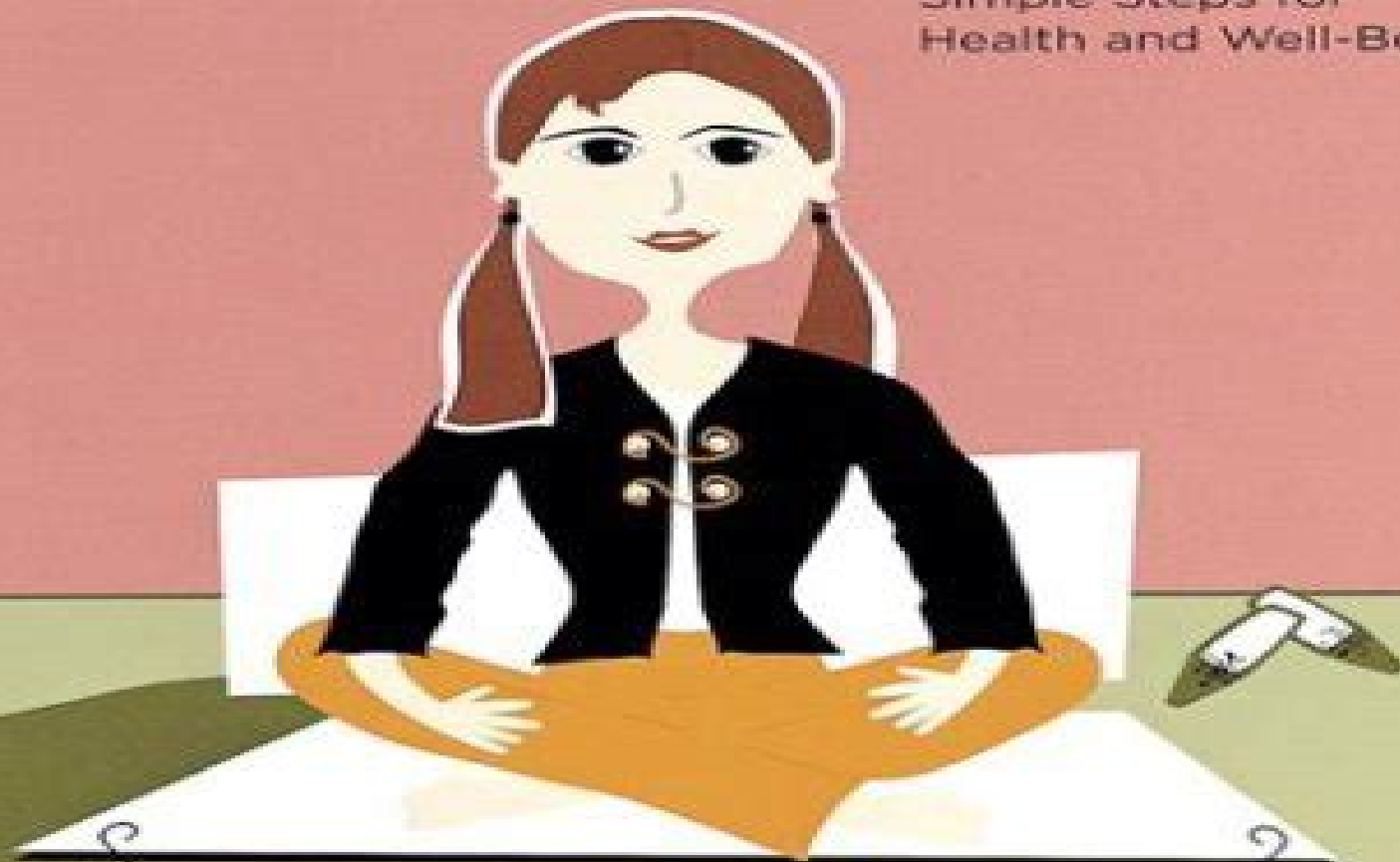


Glow Guide™

Meditation

Simple Steps for
Health and Well-Being



By *Andrea McCloud*
Illustrations by *Karen Greenberg*

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