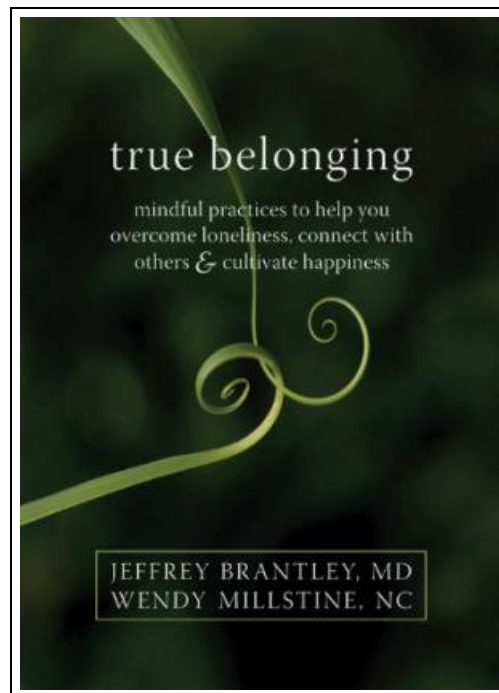


## True Belonging: Mindful Practices to Help You Overcome Loneliness, Connect with Others & Cultivate Happiness



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