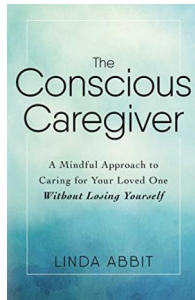


## The Conscious Caregiver: A Mindful Approach to Caring for Your Loved One Without Losing Yourself



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