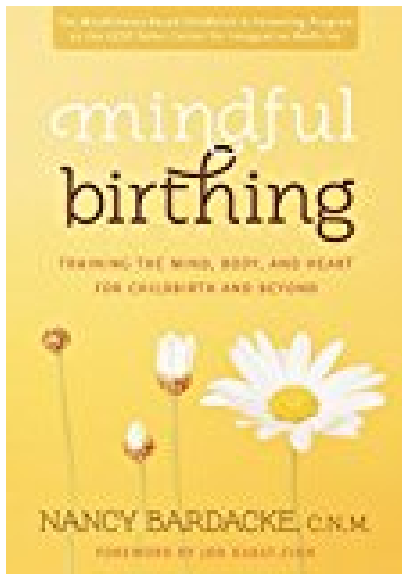


Mindful Birthing Training the Mind Body and Heart for Childbirth and Beyond



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