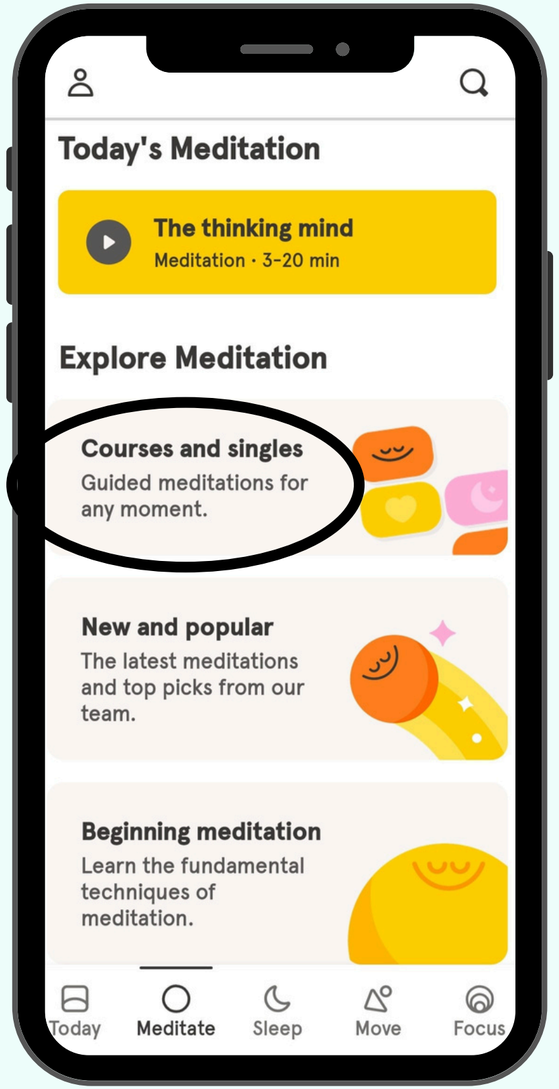
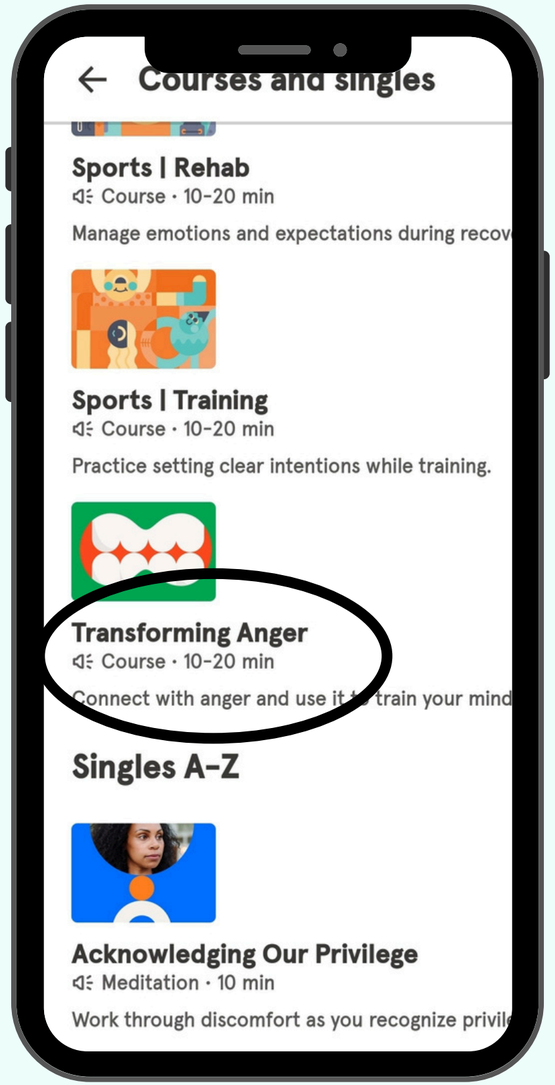
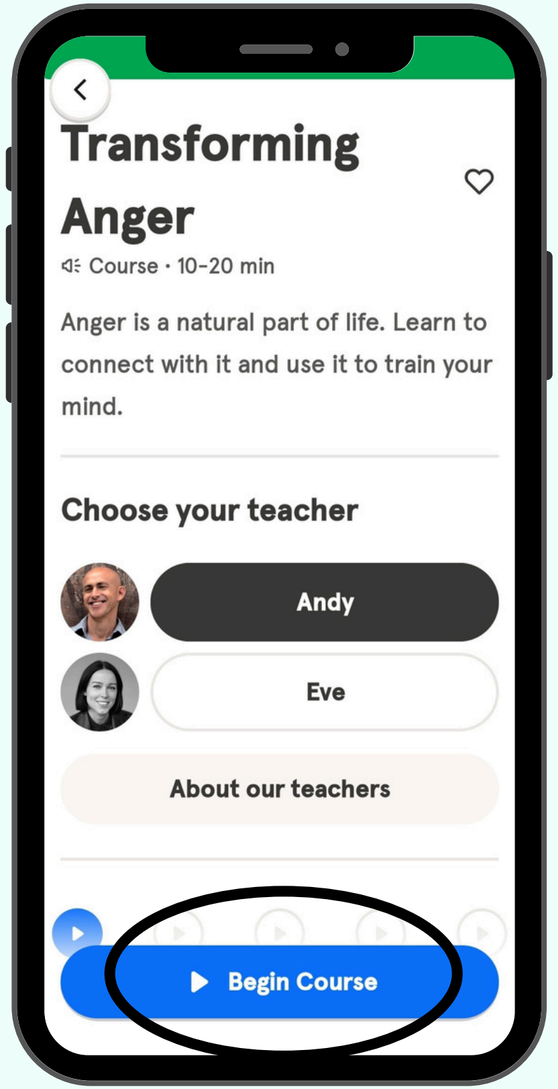
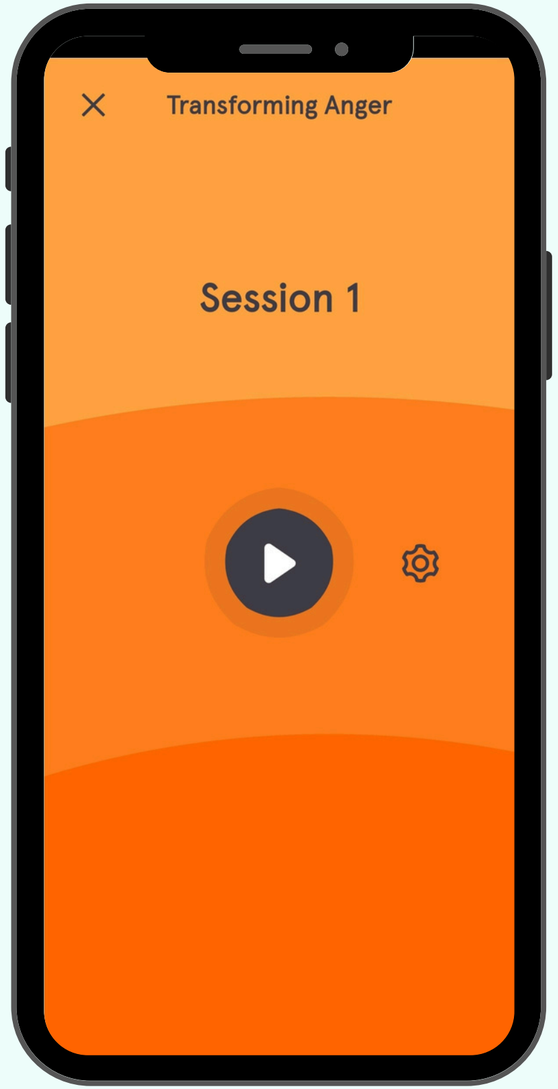
Beginning a new meditation course in the Headspace app









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