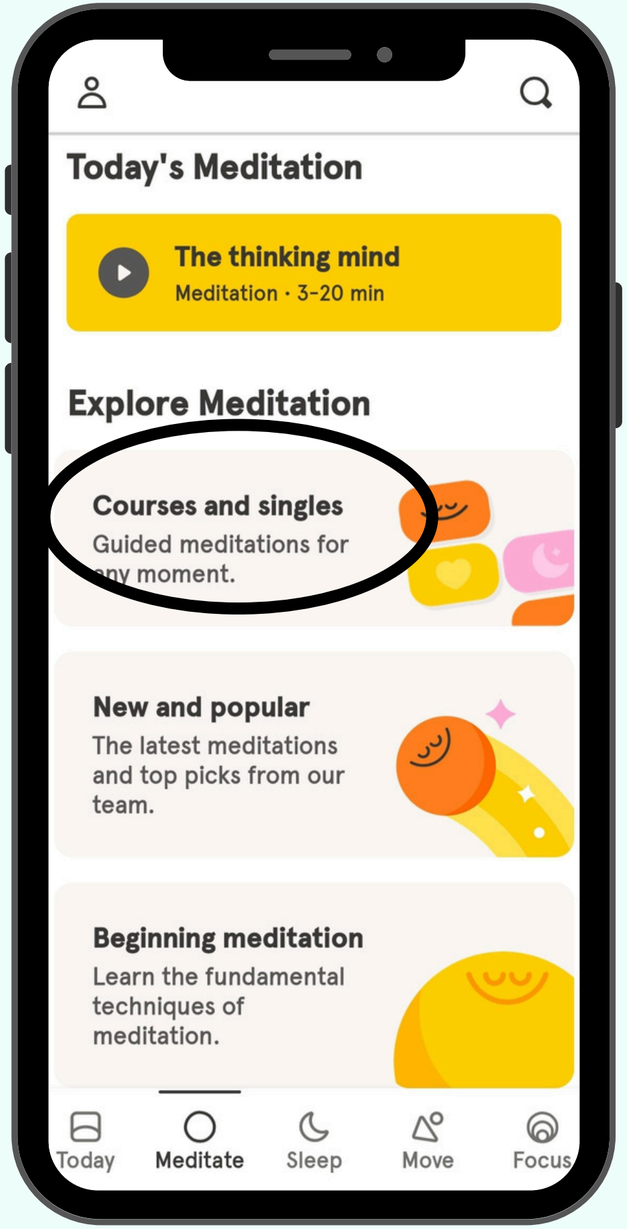
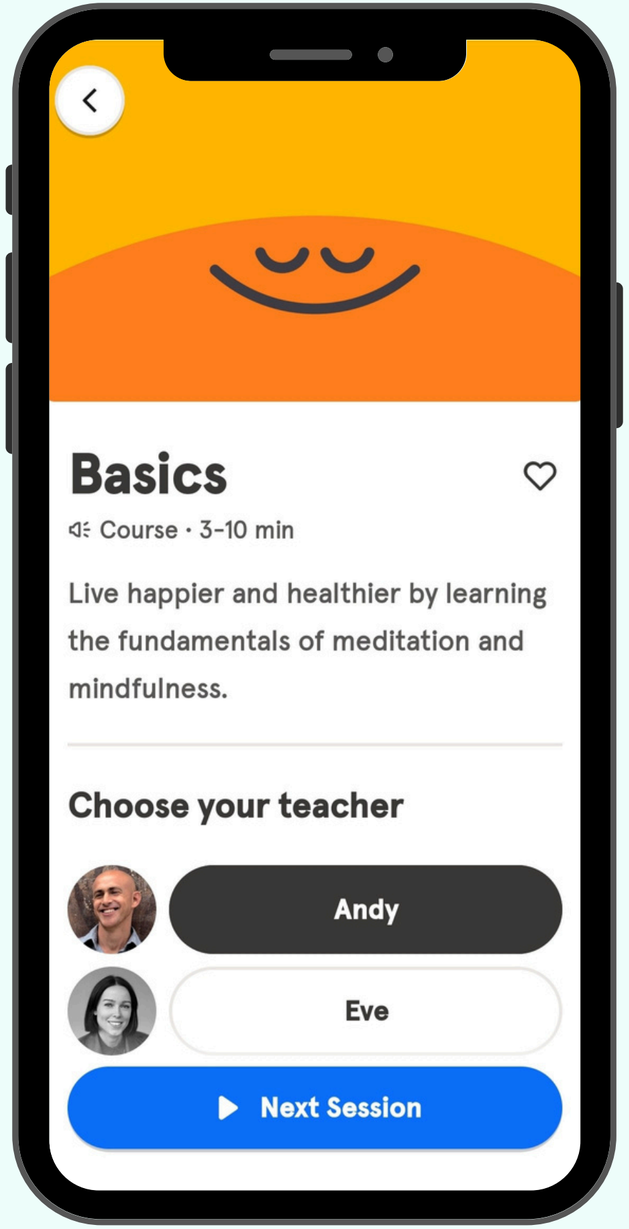
How to Find the "Basics" Meditation Course in the Headspace App





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