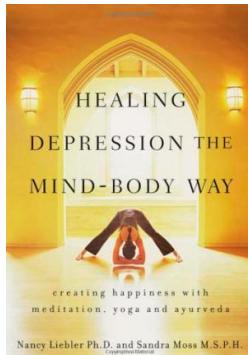


Healing Depression the Mind-body Way: Creating Happiness with Meditation, Yoga, and Ayurveda



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