



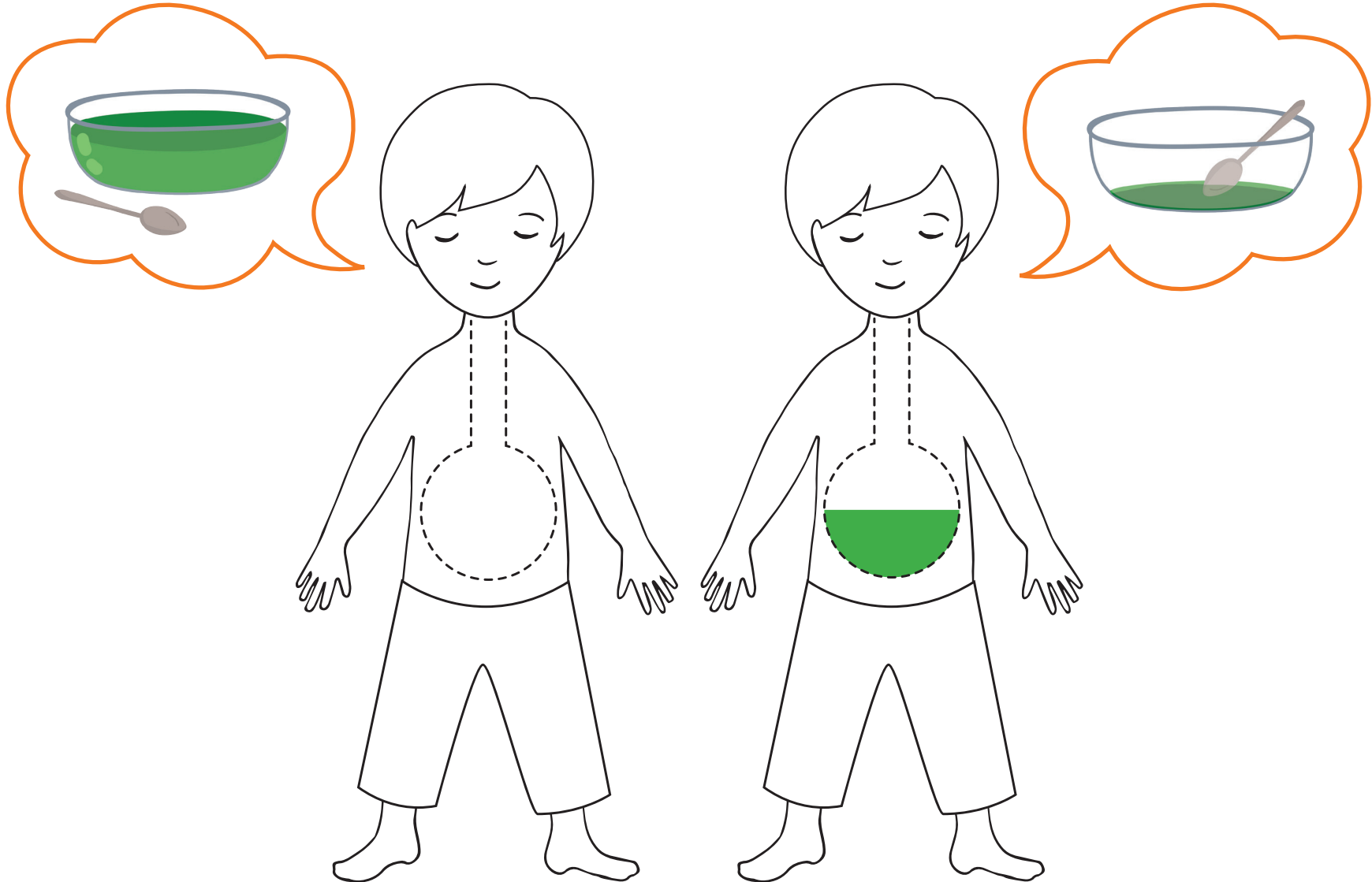
Mindful Eating

PSYCHODIETETIC PROGRAMME

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When to start and when to stop eating?



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