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kids Growing up

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5-Minute

Meditation You

Can Do Anywhere

Relieve Stress and

Anxiety with This

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speeding spitball,
more powerful
than a playground
bully, able to
breeze through
homework and
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chores in a single
bound, it's Master

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calm, and tap into
your own inner
strength so that
you can be your
own
superhero—no
matter what life
throws your way!

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