

MINDFUL EATING



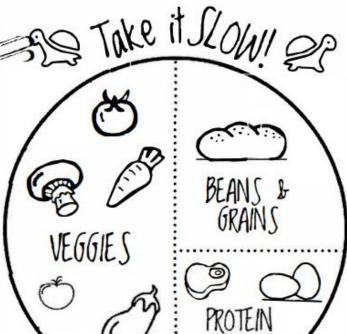


#thrive

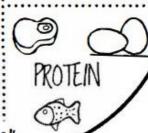


, set the fork,











eat with your NON-DOMINANT HAND







