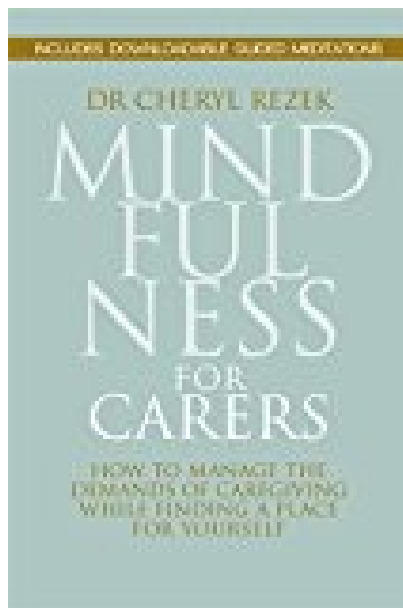


Mindfulness for Carers How to Manage the Demands of Caregiving While Finding a Place for Yourself



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