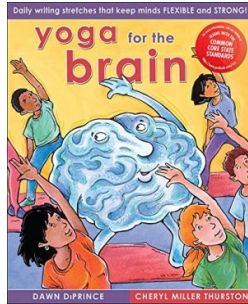


## Yoga for the Brain: Daily Writing Stretches That Keep Minds Flexible and Strong



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