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Nondominant
Hand

1

Leave
No Trace

2

Just Eat

5a

~~Eating~~

5b

Compliment

6

Posture

7



9

Breathe

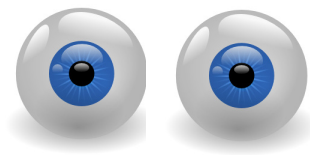
10

W

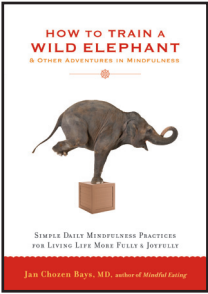
12

No News or
Entertainment
This Week

13



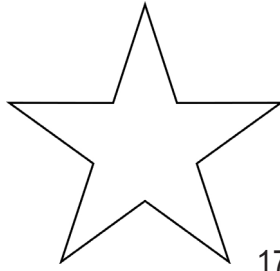
14



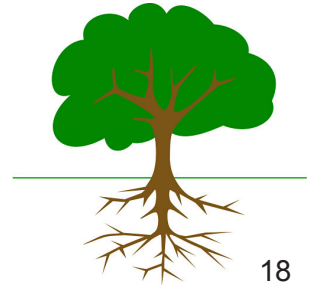
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3

16



17



18

Yes

20



21

Feet

22

Space

23

One Bite
at a Time

24

What Is My Desire
Right Now?

25

Study
Suffering

26

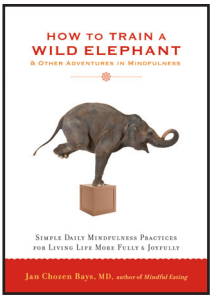
Water

28



Look Up

29



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Defining and
Defending?

30

Smell

31

This Person
Could Die
Tonight

32

Hot and Cold

33

Earth

34

Notice
Dislike

35

Ignoring?

36

Wind

37

Listen Like
a Sponge

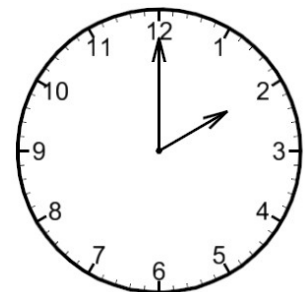
38

Appreciate

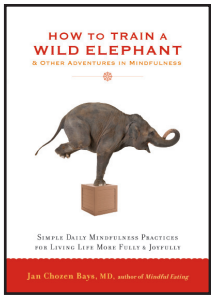
39

Aging

40



41



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Procrastination

42



43

Notice
Impatience

44

Are You
Anxious?

45

Drive
Mindfully

46

Look into
Your Food

47

Light

48

Stomach

49

Center of
Gravity

50

Loving-Kindness
for the Body

51

Smile

52

Better Than I
Found It

53