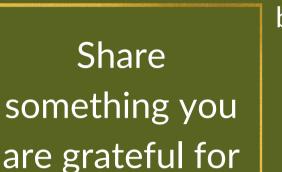
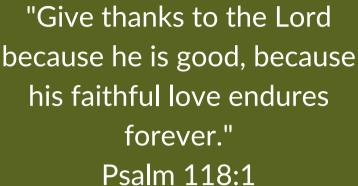


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Take 3 deep breaths: in thru the nose and out thru the mouth

Pick one or two of the ideas to try with your family on Thanksgiving

What is a **Thanksgiving** tradition that you love?

