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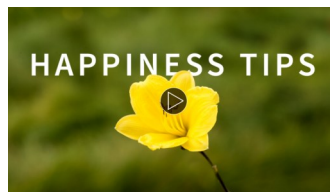
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How to Boost Your Physical & Mental Energy



Happiness Tips



Martial Arts for Your Mind and Body



The Wellness Series



New Science of Happiness



Yoga for a Healthy Mind and Body



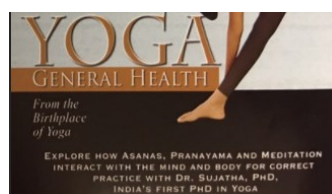
Everyday Gourmet:
Rediscovering the Lost Art of
Cooking



How to Train Your Brain For
Happiness



Practicing Mindfulness: An
Introduction to Meditation



Yoga for Health

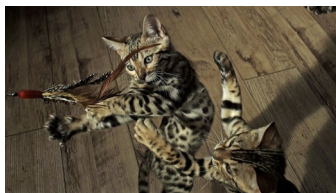


Essentials of Strength Training



Essentials of Tai Chi and Qigong

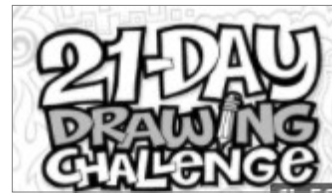
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Nature - Pets (PBS)



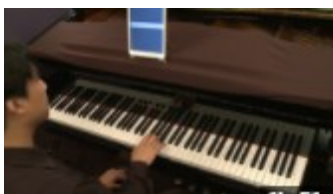
Creative Interior Lighting with your Camera Phone



21-Day Drawing Challenge



Singing Lessons: Fundamentals



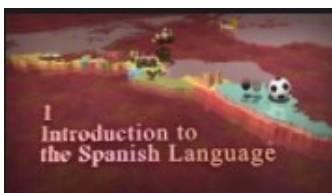
Piano Lessons: Fundamentals



Matthew Hoffman: How a Kind Word Can Make the World Better



Hoarding & Cluttering

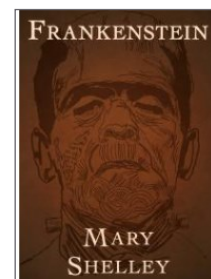
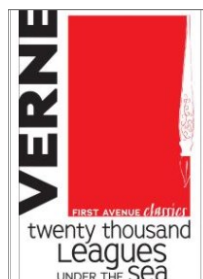
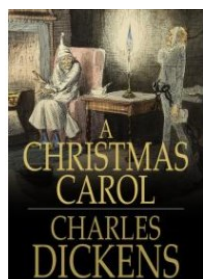
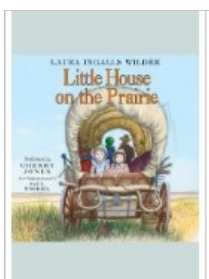
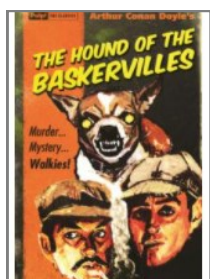
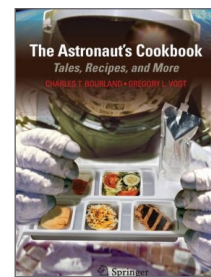
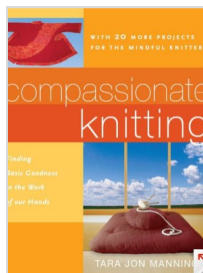
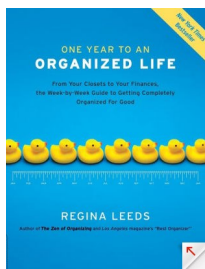
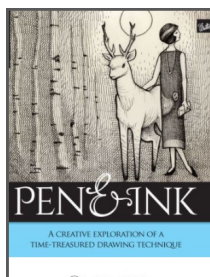


Introduction to the Spanish Language



The Letters of the Alphabet in American Sign Language (ASL)

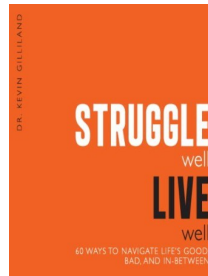
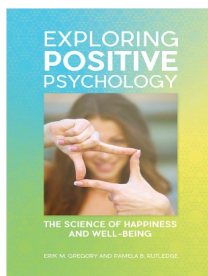
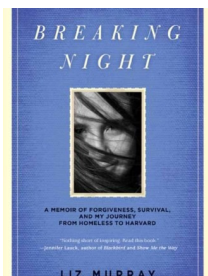
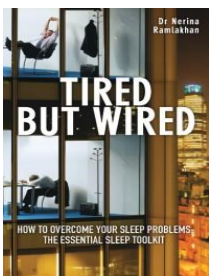
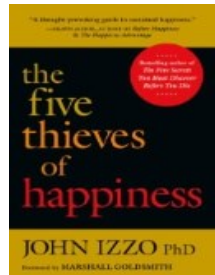
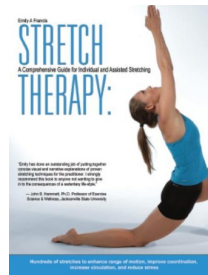
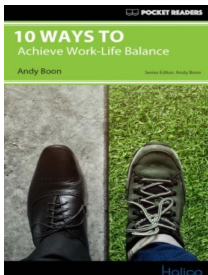
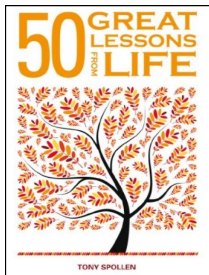
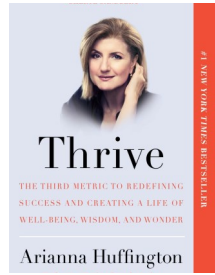
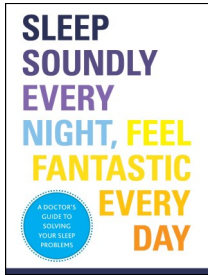
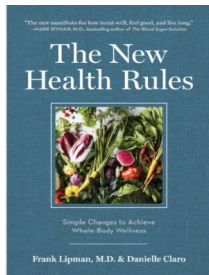
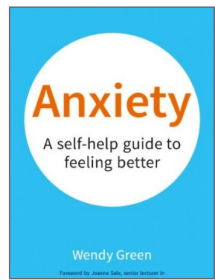
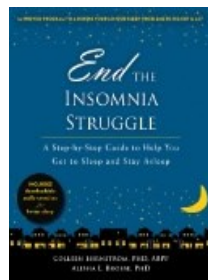
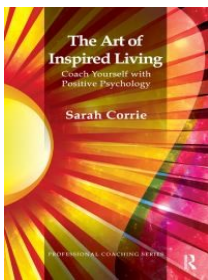
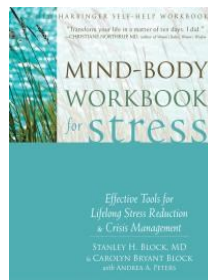
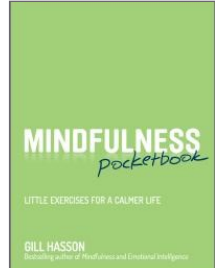
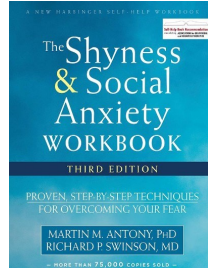
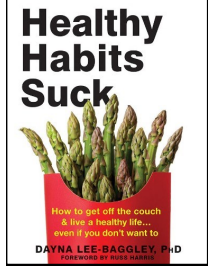
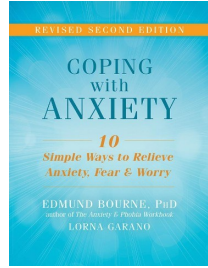
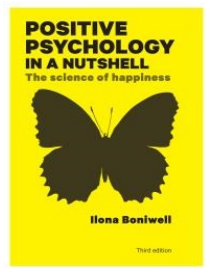
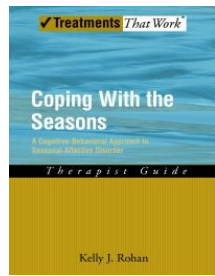
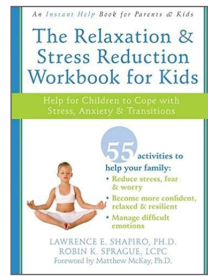
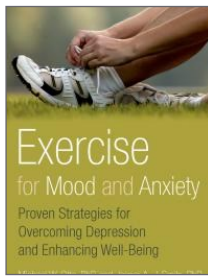
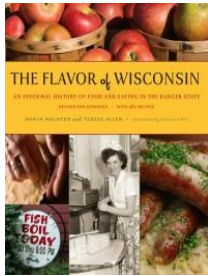
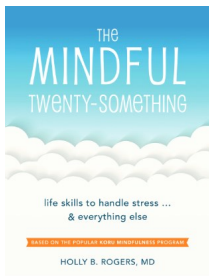
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Eight Fun Party Games You Can Play Over Zoom with Friends and Family	Real-World Guide to Holiday Survival
Experts Warn of Higher Seasonal Depression Risk	Surviving the Holidays
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Mental Health Links

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American Psychological Association (Psychology Help Center)	National Institute of Mental Health (NIMH)
Anxiety Disorders	Seasonal Affective Disorder (SAD)
Crisis Text Line text TALK to 741741	Stress
Mental Health America of Wisconsin	NTC Counseling Resources