

Eat Mindfully, Live Fully



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Here's the translation to English:

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Note that the title "Po ?niadaniu" can be translated to "After Breakfast" in English, but it might be more accurate to translate it to "After Breakfast" or "Breakfast Afterwards" to maintain the original meaning, which seems to be a subtitle for the book.

The book can be purchased at
<https://readolla.com/eat-mindfully-live-fully>

