

150 Mindful Puzzles Sudoku To Stress Less

by

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Take a break from your thoughts. Forget your worries. Focus your mind. These benefits (and more) are yours for free when you complete a puzzle.

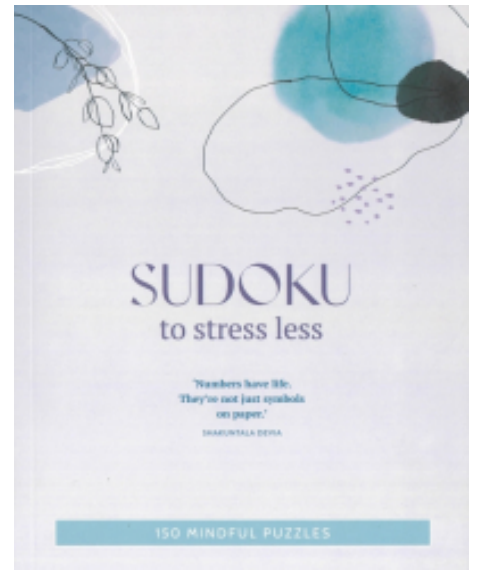
Enjoy the fun number facts and words of wisdom accompanying these puzzles and reap twice the reward.

Use your free time to free your mind.

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