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Social and environmental

responsibility, wellness, and personal development are driving more consumer choices and experiences — from media content to mass market products to online communities. Gaiam was founded to make a difference in the world by educating people about these lifestyle choices — and to create a sense of belonging among people interested in their benefits. *Gaiam Lifestyle Media* is the most compelling and vivid way we inspire and empower people to be a part of Lifestyles of Health and Sustainability (LOHAS).

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