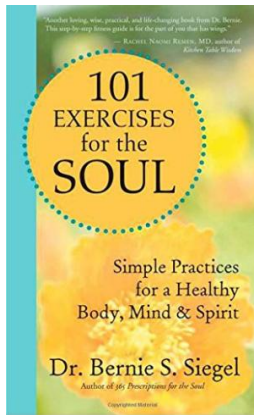


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101 EXERCISES FOR THE SOUL: SIMPLE PRACTICES FOR A HEALTHY BODY, MIND, AND SPIRIT



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