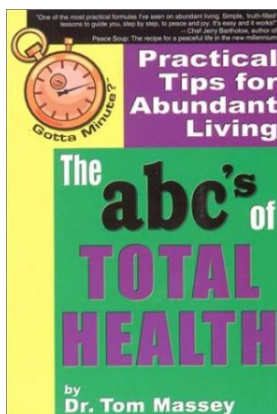


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## GOTTA MINUTE? THE ABC'S OF TOTAL HEALTH: PRACTICAL TIPS FOR ABUNDANT LIVING



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