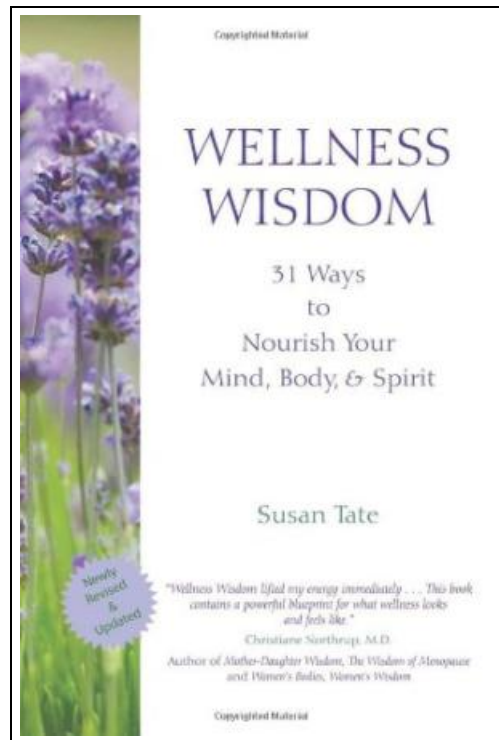


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WELLNESS WISDOM: 31 WAYS TO NOURISH YOUR MIND, BODY, SPIRIT



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