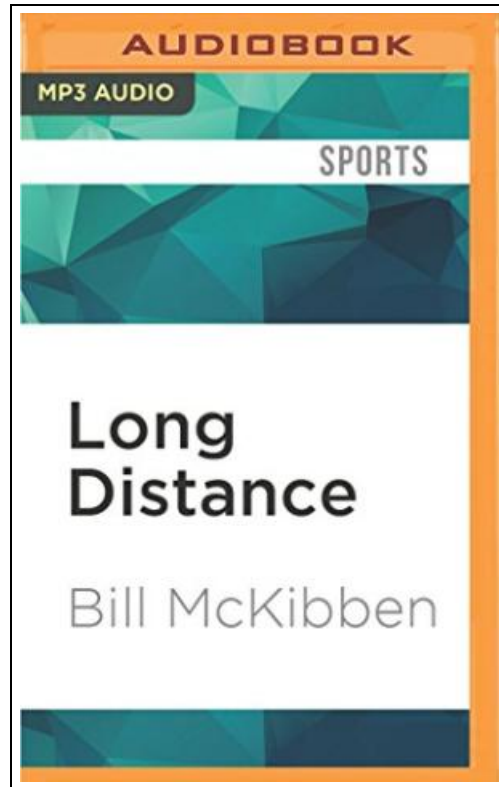


## Long Distance: Testing the Limits of Body and Spirit in a Year of Living Strenuously



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## LONG DISTANCE: TESTING THE LIMITS OF BODY AND SPIRIT IN A YEAR OF LIVING STRENUOUSLY

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