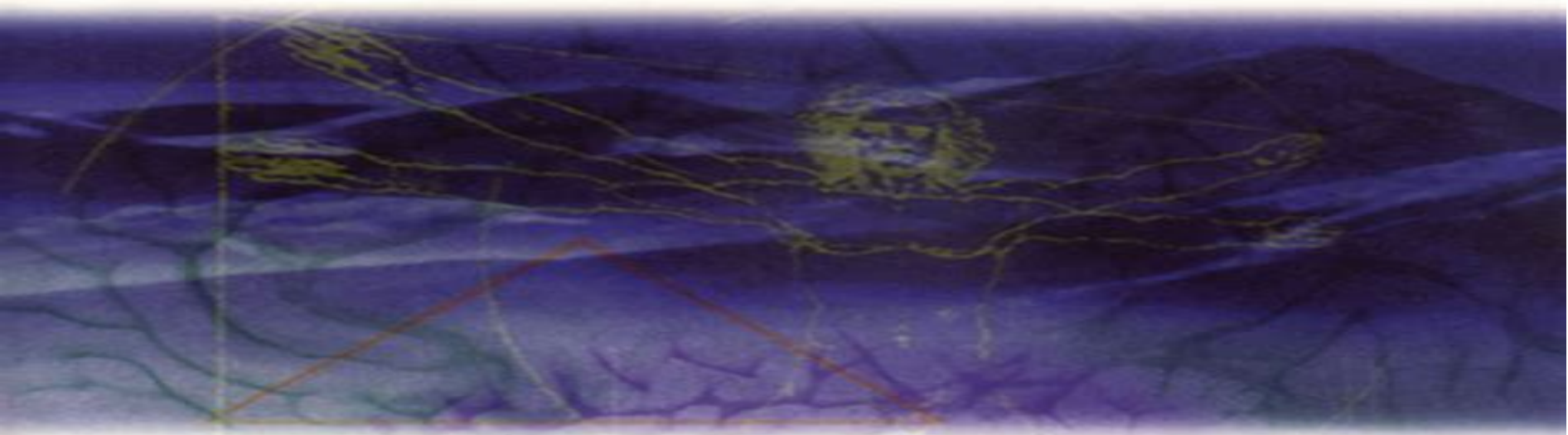


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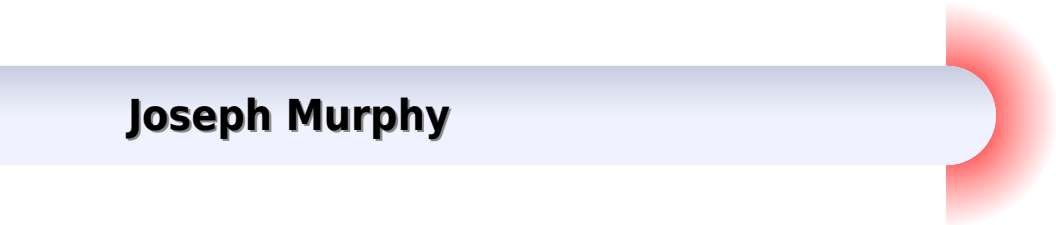


Practical Techniques for Health and Empowerment

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