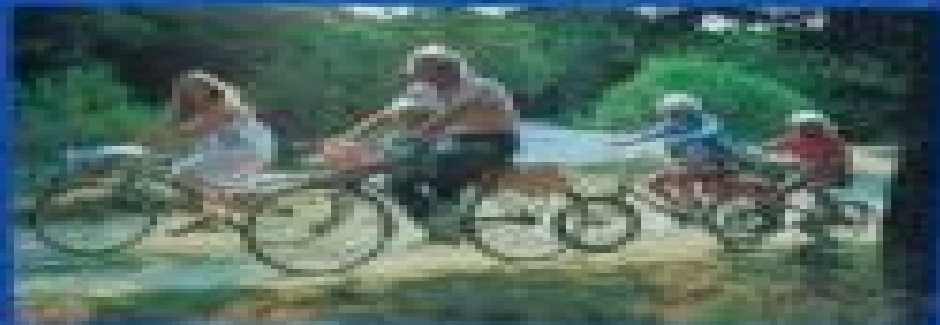
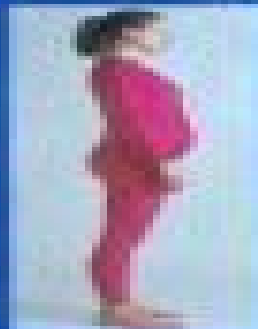


The COMPLETE manual of FITNESS and WELL~BEING



The Complete Manual Of Fitness And Well Being

Lauren Gardner



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