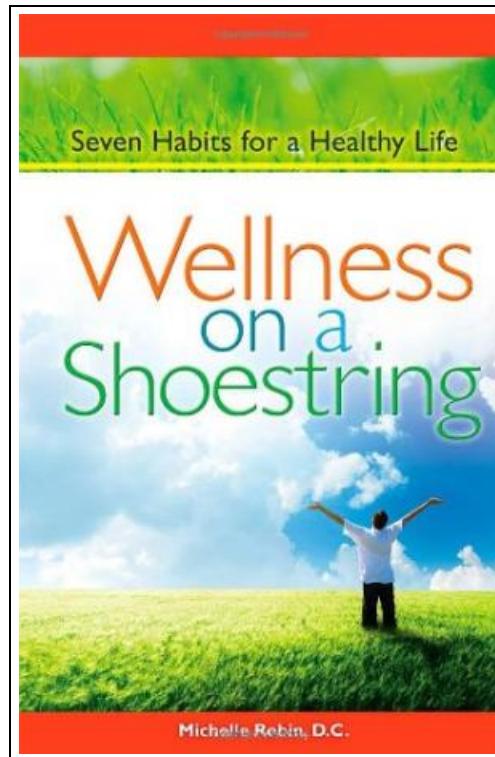


## Wellness on a Shoestring: Seven Habits for a Healthy Life



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