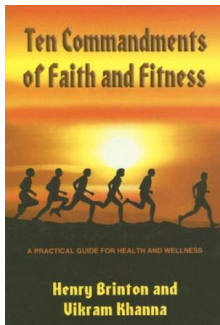


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TEN COMMANDMENTS OF FAITH AND FITNESS: A PRACTICAL GUIDE FOR HEALTH AND WELLNESS



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