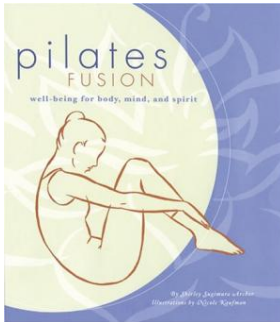


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## PILATES FUSION: WELL-BEING FOR BODY, MIND, AND SPIRIT



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- Authored by Shirley Sugimura Archer, Nicole Kaufman (illustrator)
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