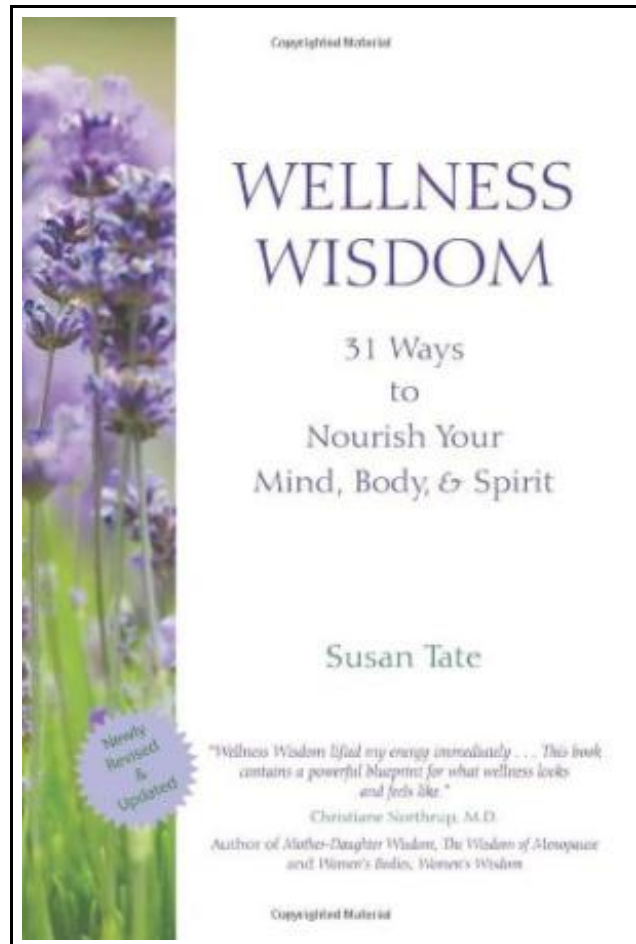


## Wellness Wisdom: 31 Ways to Nourish Your Mind, Body, Spirit



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