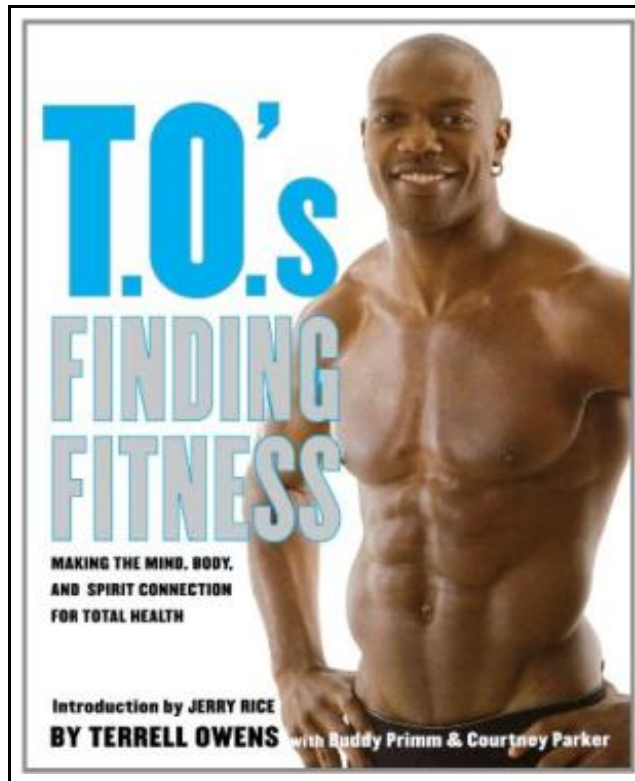


## T.O.s Finding Fitness: Making the Mind, Body, and Spirit Connection for Total Health



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