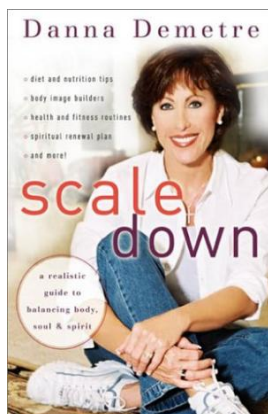


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## SCALE DOWN: A REALISTIC GUIDE TO BALANCING BODY, SOUL, AND SPIRIT



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