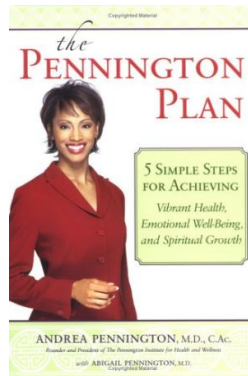


## The Pennington Plan: 5 Simple Steps for Achieving Vibrant Health, Emotional Well Being and Spiritual Growth



### Book Review

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