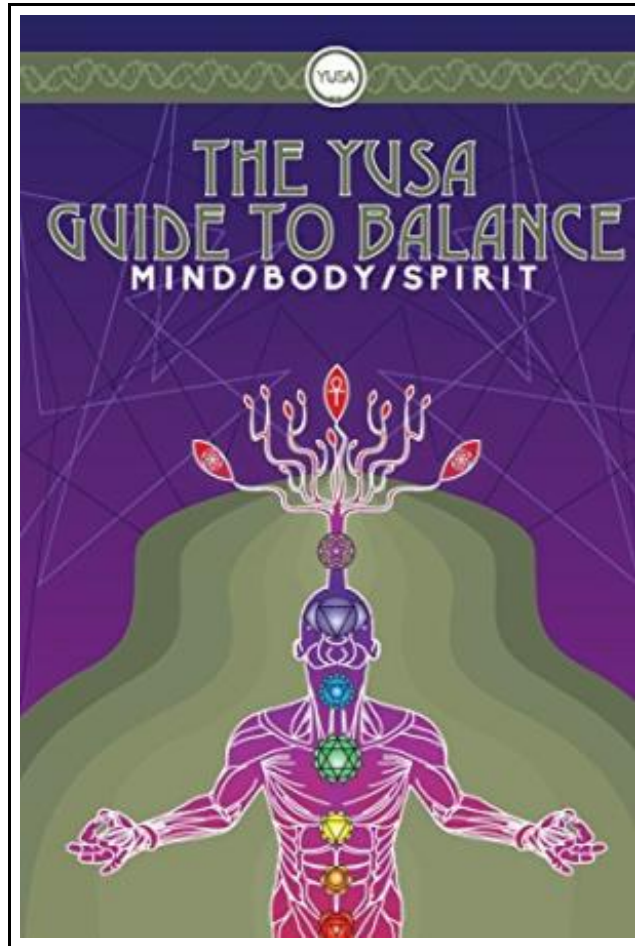


## The Yusa Guide to Balance: Mind Body Spirit



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