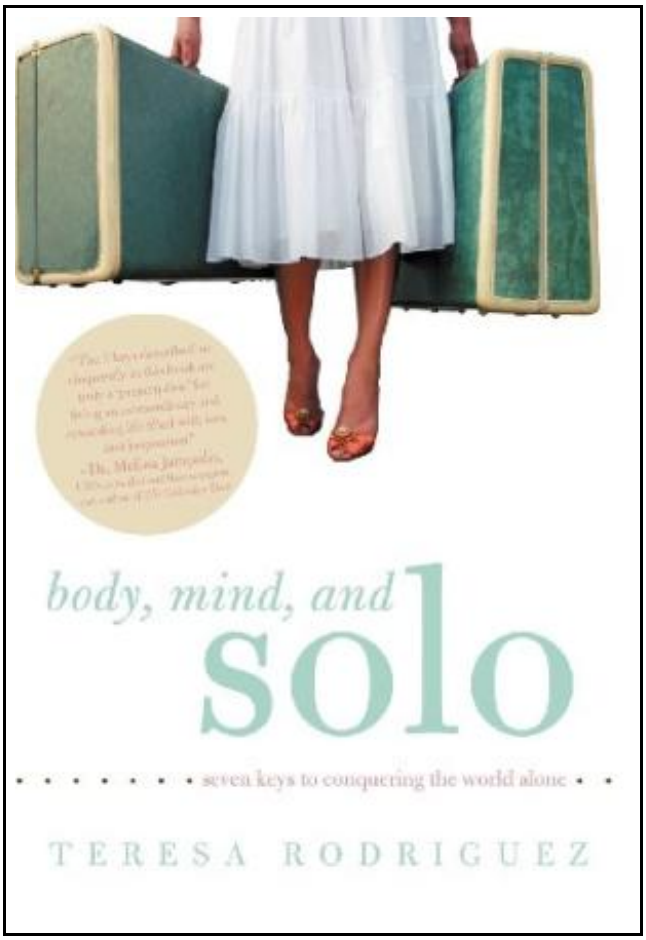
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BODY, MIND, AND SOLO: SEVEN KEYS TO CONQUERING THE WORLD ALONE

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