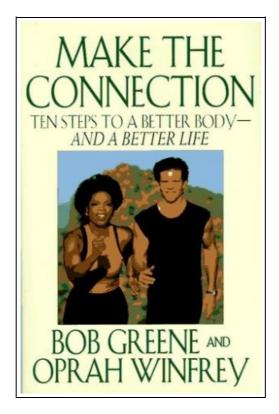
# Make the Connection: Ten Steps to a Better Body - and a Better Life



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