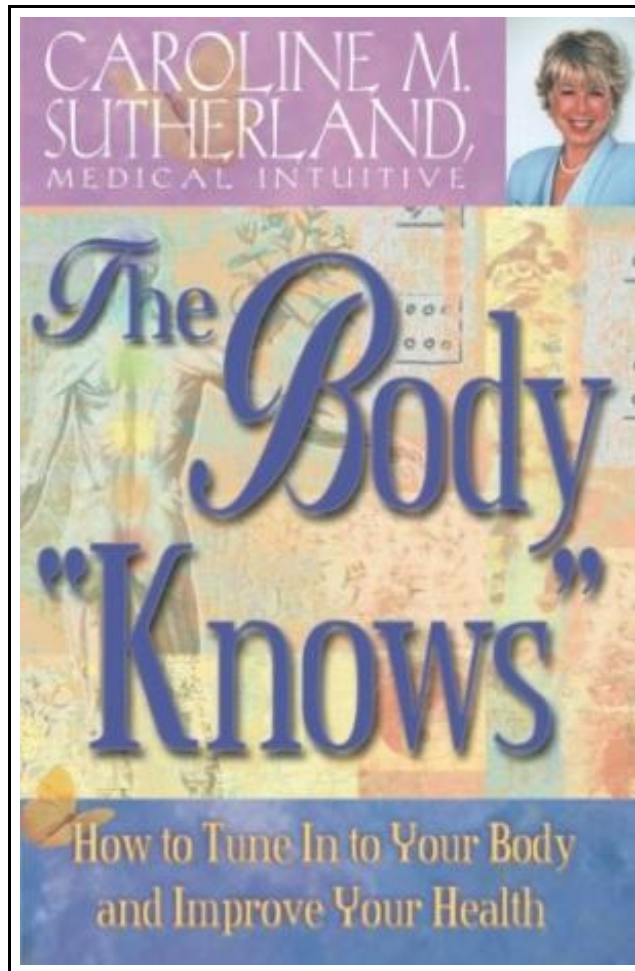


## The Body Knows: How to Tune In to Your Body and Improve Your Health



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