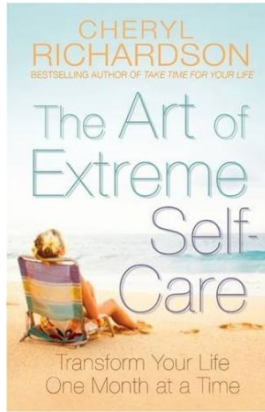


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# THE ART OF EXTREME SELF CARE: TRANSFORM YOUR LIFE ONE MONTH AT A TIME



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