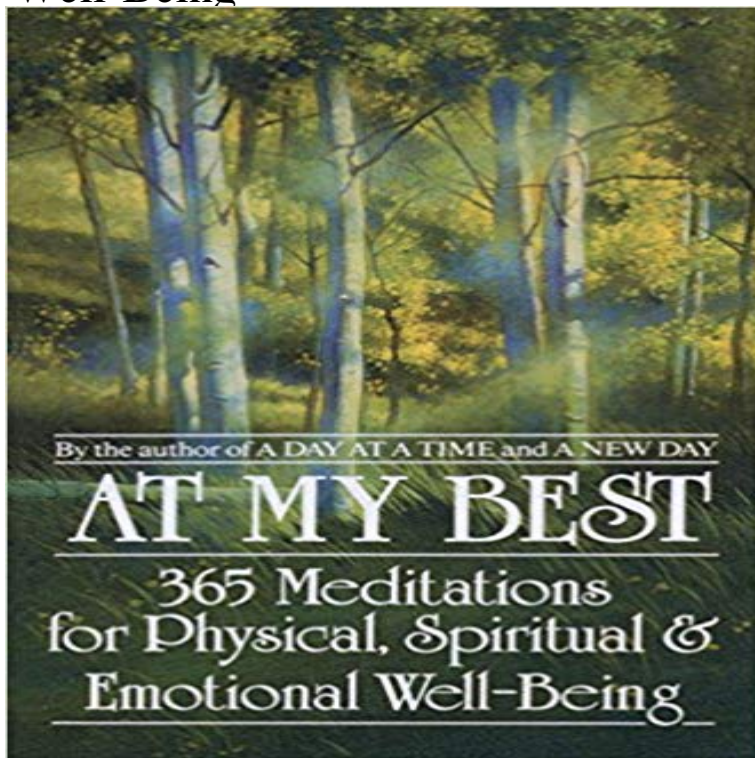


# At My Best: 365 Meditations For The Physical, Spiritual, And Emotional Well-Being



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