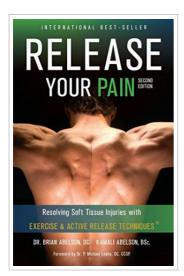
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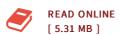


Release Your Pain - Resolving Soft Tissue Injuries with Exercise and Active Release Techniques

By Brian James Abelson, Kamali Thara Abelson

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