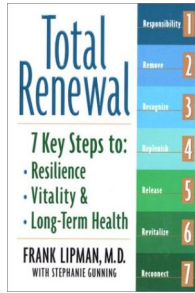


Total Renewal: 7 Key Steps to Resilience, Vitality and Long-term Health



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