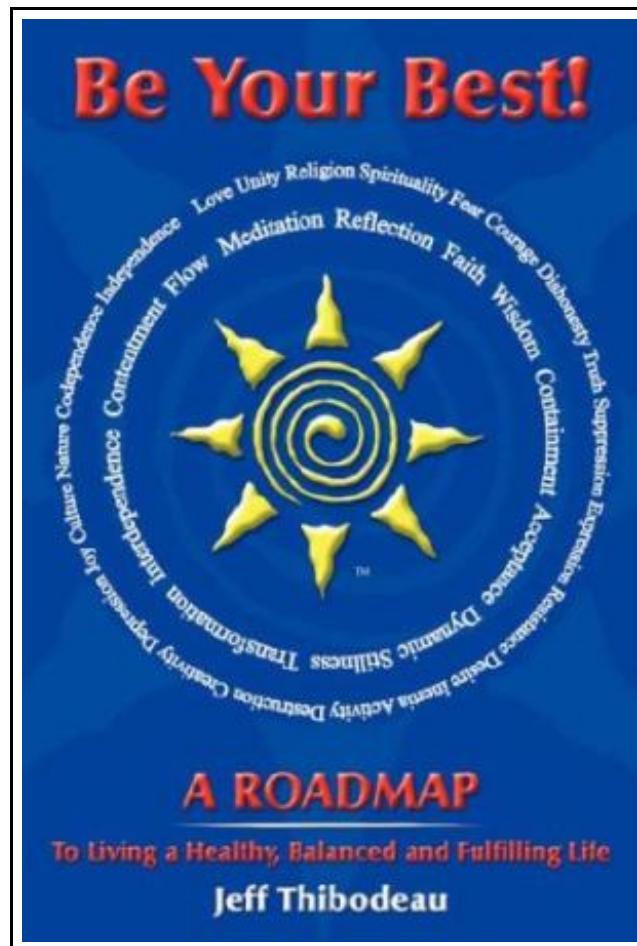


## Be Your Best! a Roadmap to Living a Healthy, Balanced and Fulfilling Life



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