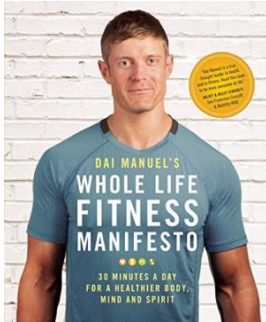


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# DAI MANUEL S WHOLE LIFE FITNESS MANIFESTO: 30 MINUTES A DAY FOR A HEALTHIER BODY, MIND AND SPIRIT



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- Authored by Dai Manuel
- Released at 2016



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