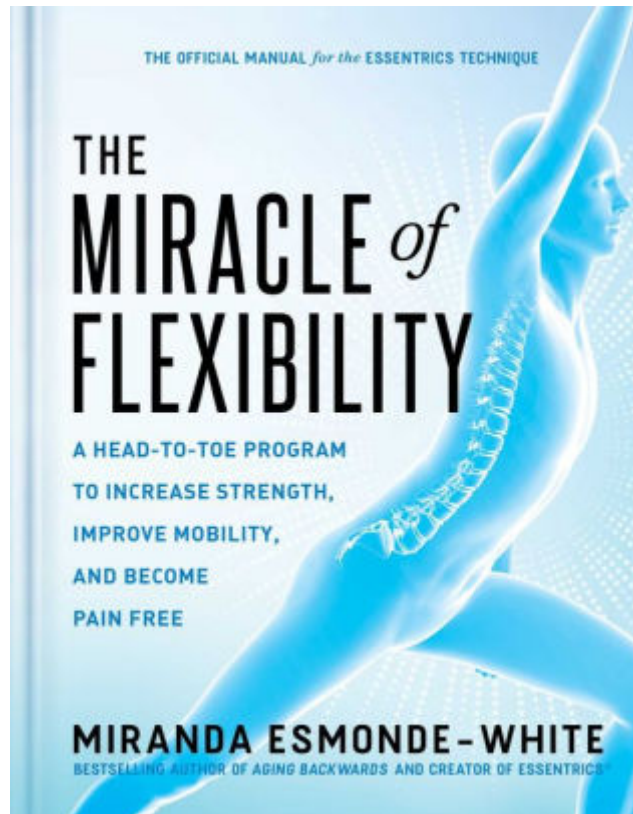


The Miracle of Flexibility: A Head-to-Toe Program to Increase Strength, Improve Mobility, and Become Pain Free

by Miranda Esmonde-White



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