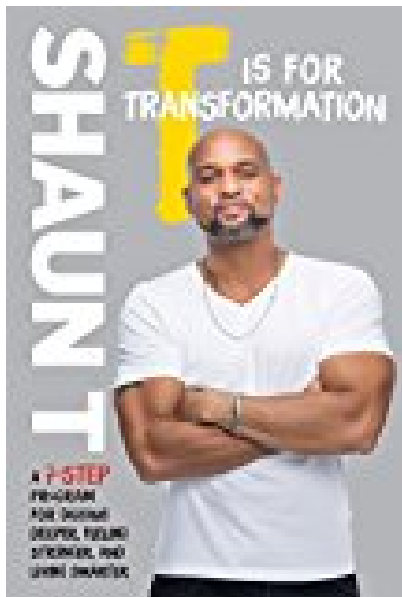


T Is for Transformation A 7-Step Program for Digging Deeper Feeling Stronger and Living Smarter



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