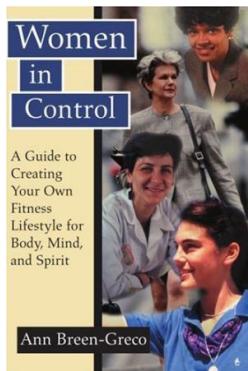


## Women in Control A Guide to Creating Your Own Fitness Lifestyle For Body, Mind, and Spirit



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