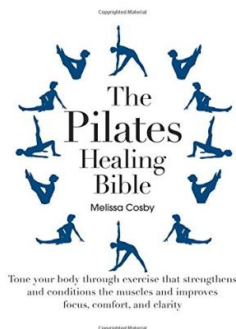


## The Pilates Healing Bible: Tone Your Body through Exercise that Strengthens and



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