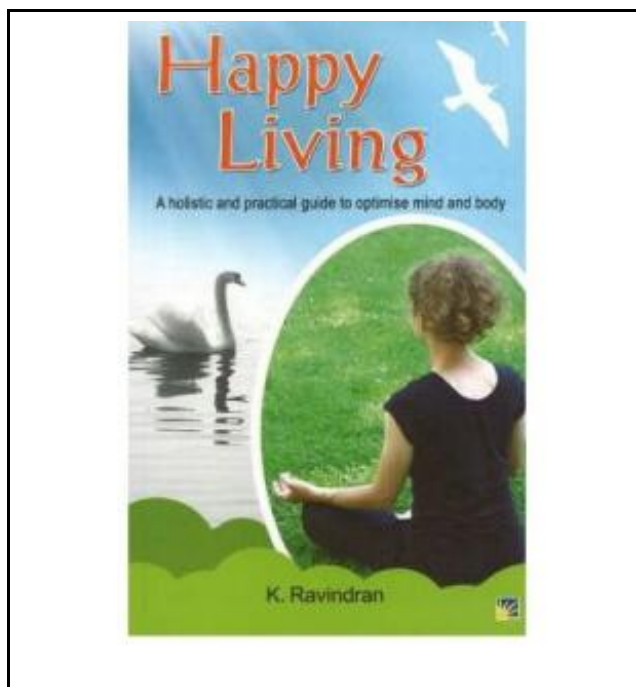


## Happy Living: A Holistic and Practical Guide to Optimise Mind and Body



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