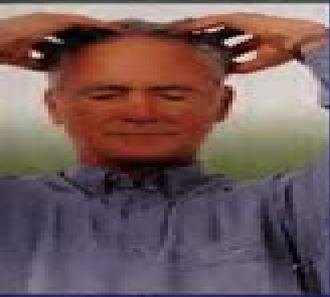




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A Practical Guide to  
**Self-Massage**



Over 50 Simple Exercises and  
Relaxation Techniques to Improve Your  
Health and Well-Being

MARY AFRINSON

# A Practical Guide To Self Massage Over 50 Simple

**Daren Callahan**



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