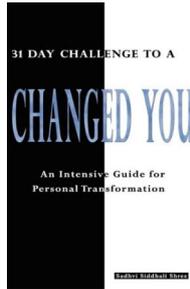


## 31 Day Challenge to a Changed You



### Book Review

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**(Dr. Rowena Wiegand)**

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