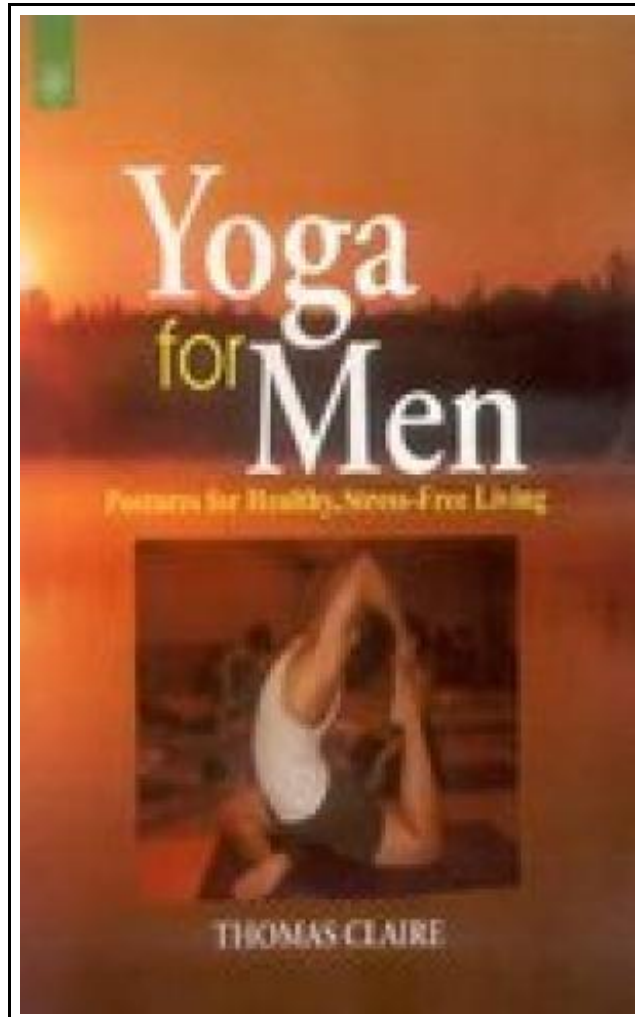


## Yoga for Men: Postures for Healthy, Stress-Free Living



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