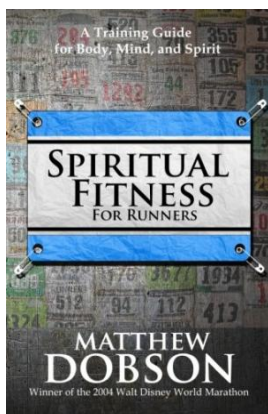


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## SPIRITUAL FITNESS FOR RUNNERS: A TRAINING GUIDE FOR BODY, MIND, AND SPIRIT



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