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# BodyWisdom

An easy-to-use handbook of simple exercises  
and self-massage techniques for busy people

# Body Wisdom An Easy To Use Handbook Of Simple Exercises And Self Massage Techniques For Busy People

**Christian Drosten**



**Body Wisdom An Easy To Use Handbook Of Simple Exercises And Self Massage Techniques For Busy People:**

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# **Body Wisdom An Easy To Use Handbook Of Simple Exercises And Self Massage Techniques For Busy People**

## **Introduction**

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