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"Adam J. Kurtz is the relatable voice in a sea of expensive and excessive 'wellness' BS who says, 'cut the crap, let's get real, let's get silly, let's get through this.' And I'm here for it." - *MOOREA SEAL*, author of the 52 Lists series

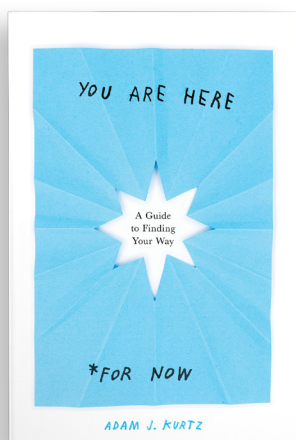
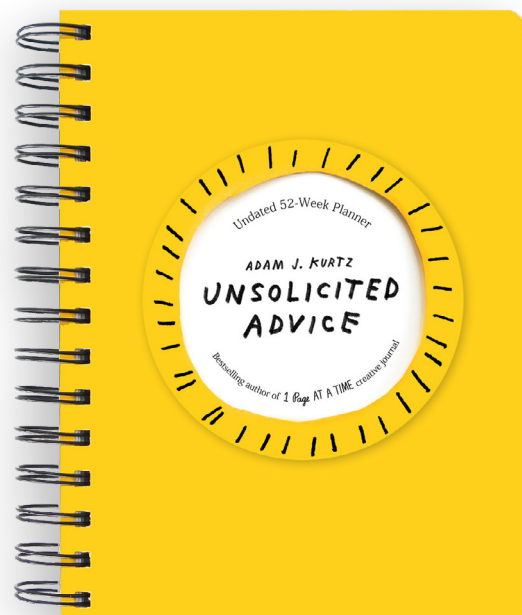
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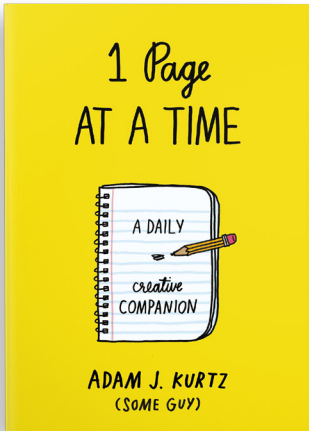
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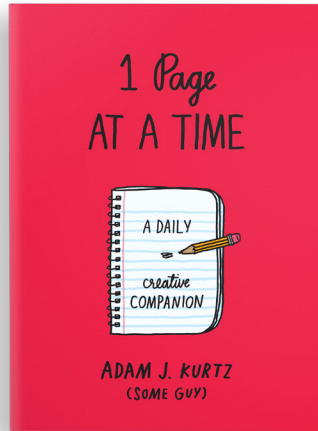
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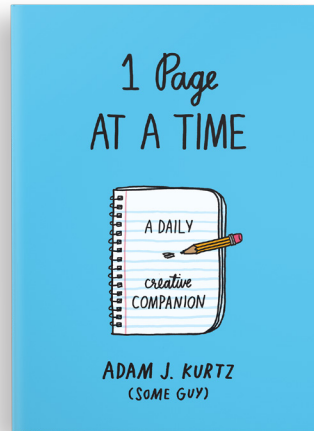
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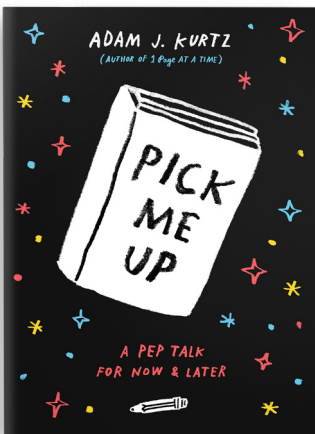


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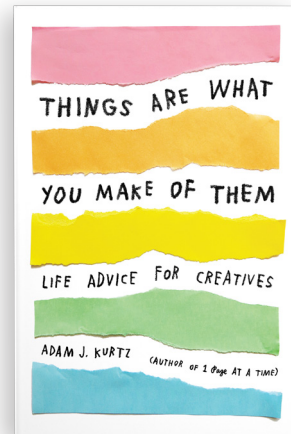
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