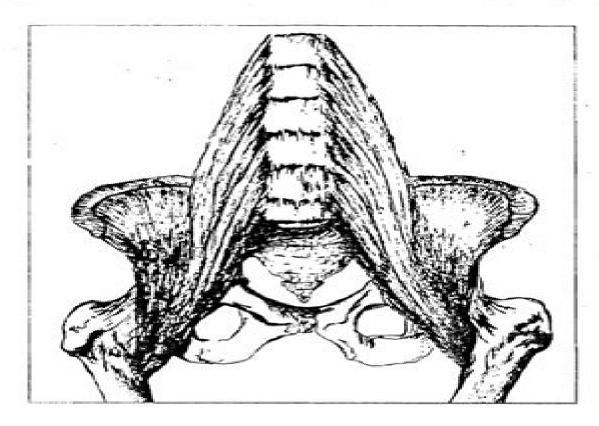
# THE PSOAS BOOK



Liz Koch

Updated and Expanded Edition

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