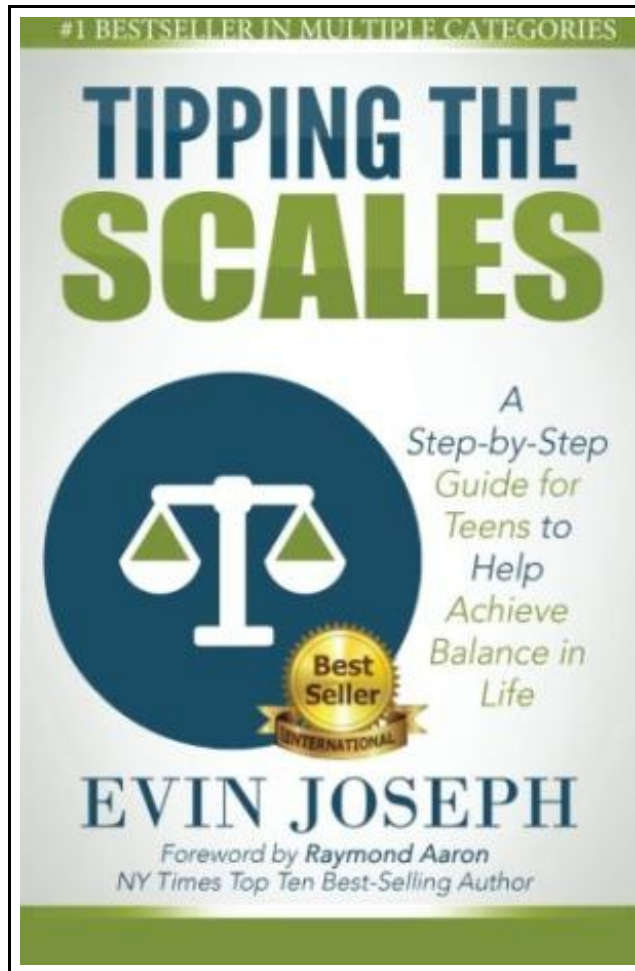


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TIPPING THE SCALES: A STEP-BY-STEP GUIDE FOR TEENS TO HELP ACHIEVE BALANCE IN LIFE



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