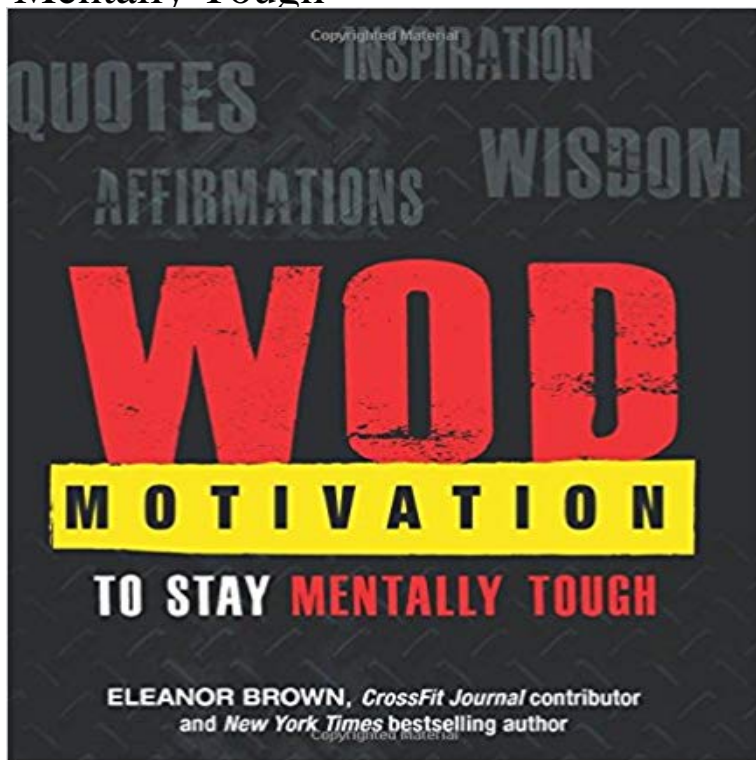


## WOD Motivation: Quotes, Inspiration, Affirmations, and Wisdom to Stay Mentally Tough



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