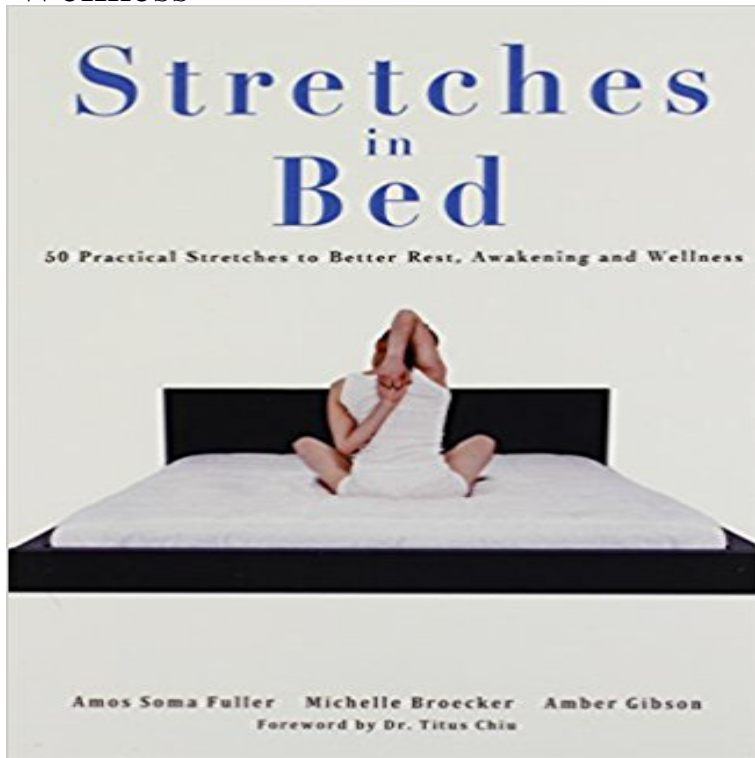


# Stretches in Bed: 50 Practical Stretches to Better Rest, Awakening and Wellness



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