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# The Award-Winning Lifestyle Magazine

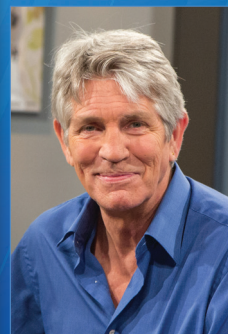
mind  
body  
soul



**Key Experts:** Lynell LaMountain (Attitude), Dr. Sharmini Long (Wellness), Roy Ice (Existence/Purpose), Marie Michel (Activity), Mike Tucker (Relationships)



**Host:** Roy Ice



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