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**'steven low**

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**May 19th, 2020 - our philosophies on posture and movement fit well together and the result is our latest project *Overcoming Poor Posture*. Our new book *Overcoming Poor Posture* provides a systematic approach to improving how you stand and move which will help you in all your endeavors. Get your copy. Author info: Jarlo Ilano MPT OCS'**

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