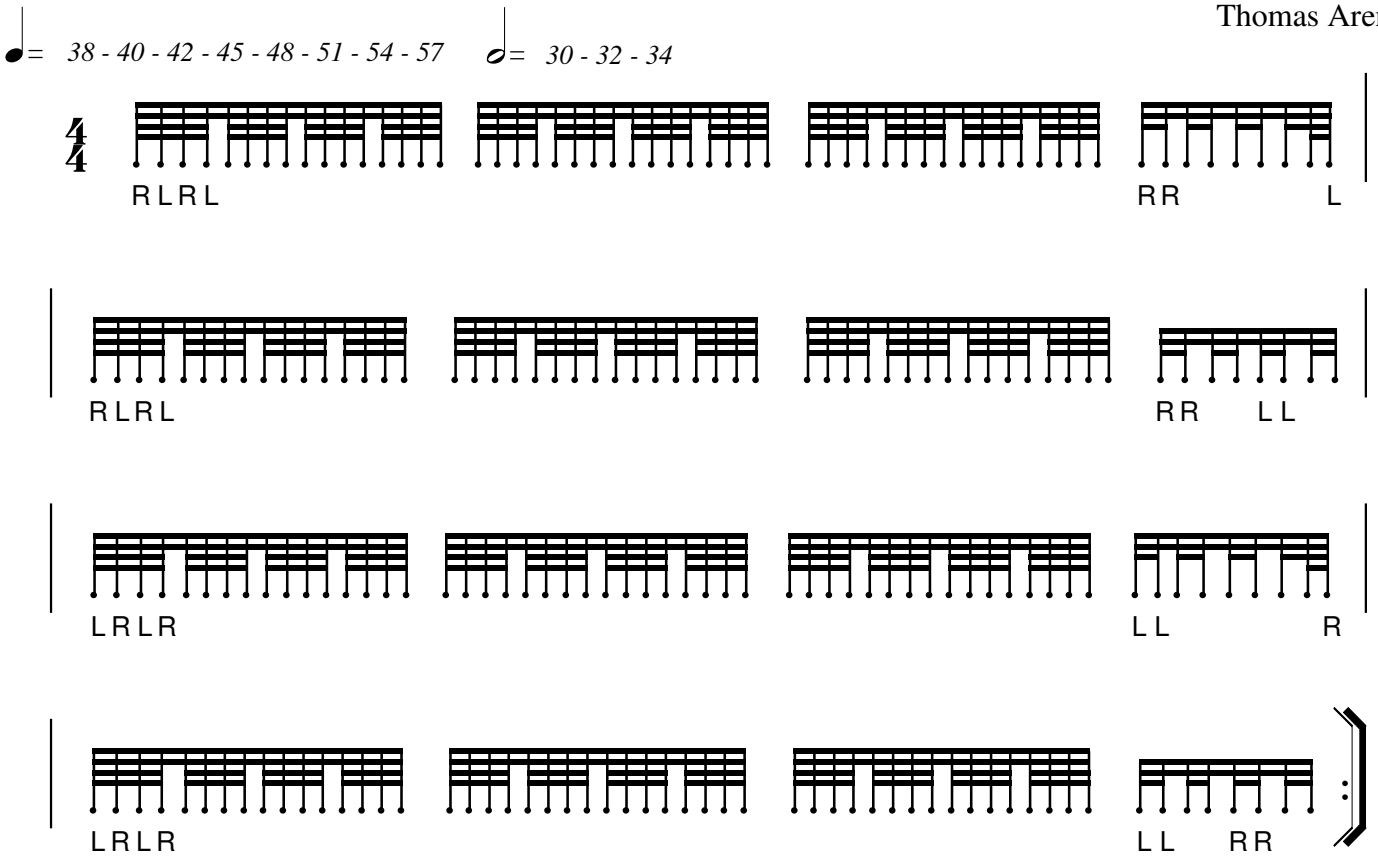
# Push-Pull-Prayer

**(Heel-Tip-Prayer)**

Thomas Arens

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