

A still life photograph with a wooden headboard on the left, a quilted pillow with a geometric pattern, and a wooden surface on the right. On the surface sits a white vase filled with white tulips and greenery, and a book titled "The Unepleth Book". The background is a plain, light-colored wall.

**“The pain you feel today
will be the strength you
feel tomorrow.”
-Unknown**

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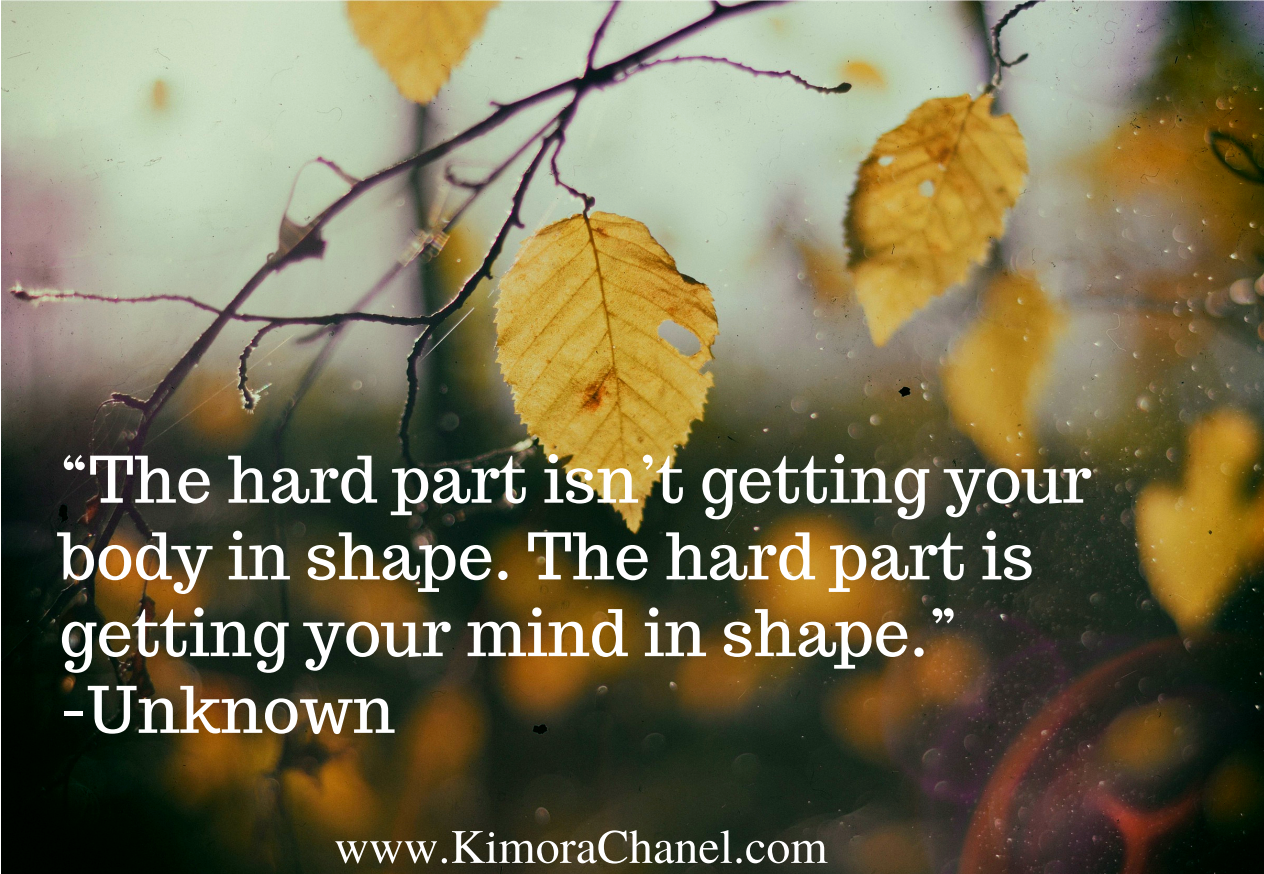
**“WHEN YOU
FEEL LIKE
QUITTING
THINK
ABOUT WHY
YOU
STARTED.”
-UNKNOWN**

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*“Being healthy
and fit isn't a fad
or a trend. It's a
lifestyle.”
-Unknown*

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“The hard part isn’t getting your
body in shape. The hard part is
getting your mind in shape.”

-Unknown

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