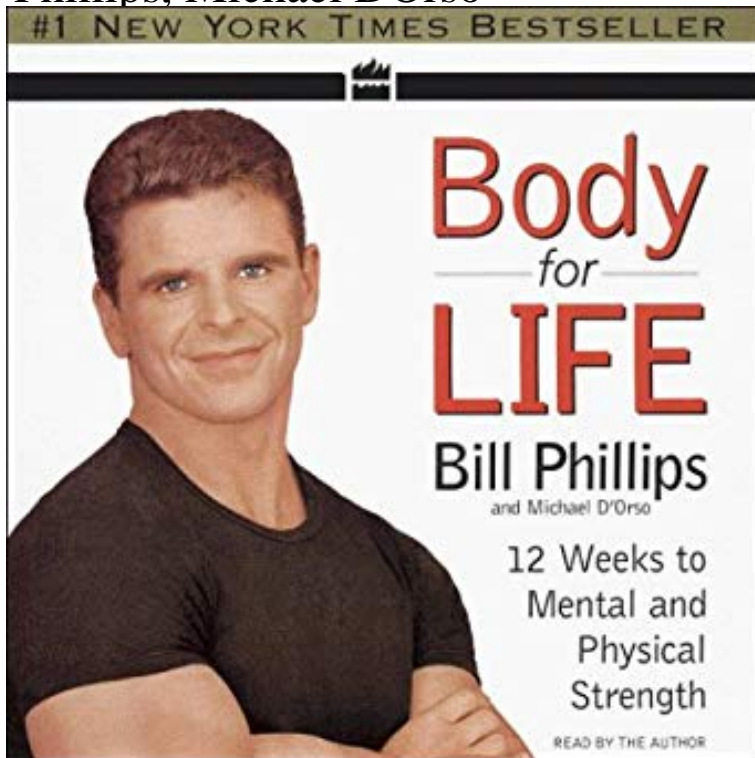


Body for Life: 12 Weeks to Mental and Physical Strength By Bill Phillips, Michael D'Orso



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