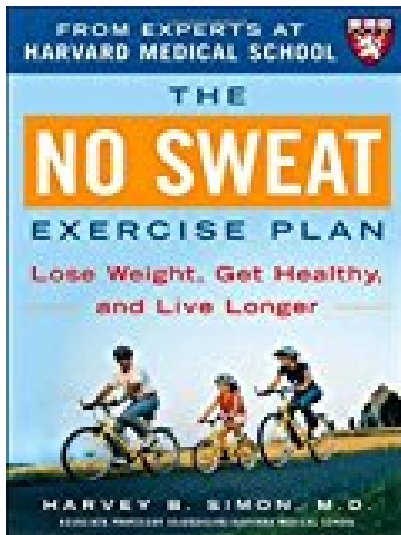


# The No Sweat Exercise Plan A Harvard Medical School Book by Simon Harvey 2005 Hardcover

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