p11:

223.1.17.0/26

223.1.17.128/25

223.1.17.192/28

p20:

It is not possible to devise such a technique. In order to establish a direct TCP connection between Arnold and Bernard, either Arnold or Bernard must initiate a connection to the other. But the NATs covering Arnold and Bernard drop SYN packets arriving from the WAN side. Thus neither Arnold nor Bernard can initiate a TCP connection to the other if they are both behind NATs.