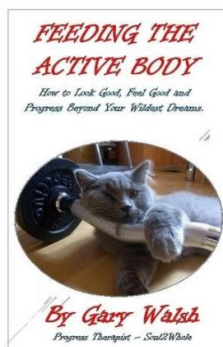# Feeding the Active Body: How to Look Good, Feel Good and Progress Beyond Your Wildest Dreams (Paperback)

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