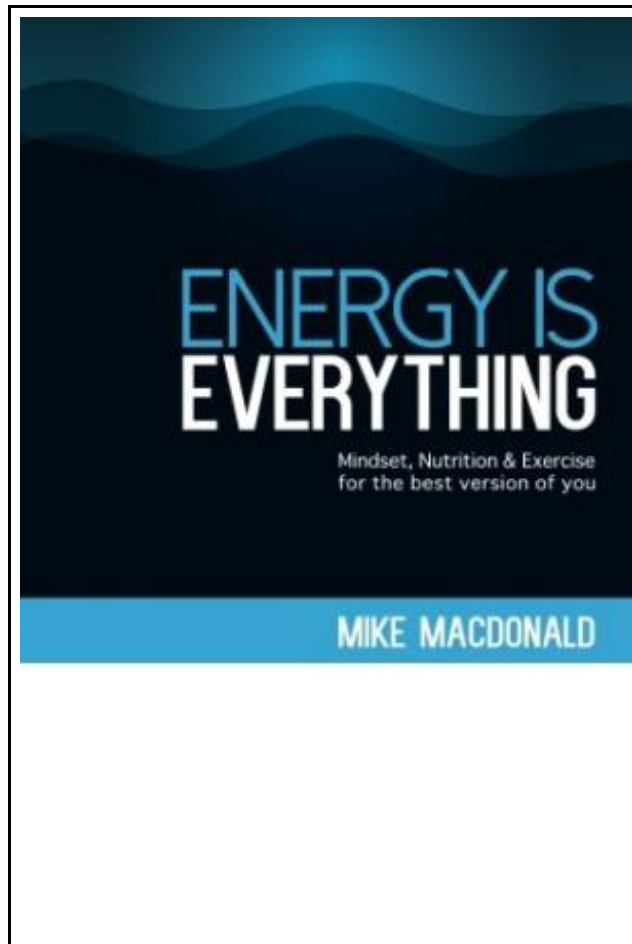


## Energy Is Everything: Mindset, Nutrition and Exercise for the Best Version of You



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