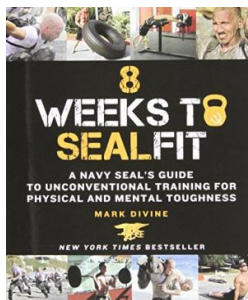


8 Weeks to SEALFIT A Navy SEALs Guide to Unconventional Training for Physical and Mental Toughness



Book Review

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