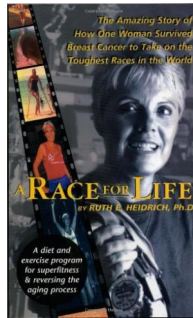


## A Race for Life: A Diet and Exercise Program for Superfitness and Reversing the Aging Process



### Book Review

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