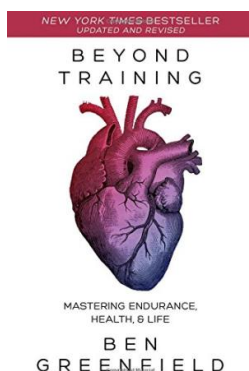


Beyond Training: Mastering Endurance, Health, and Life



Book Review

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(Maud Mitchell)

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