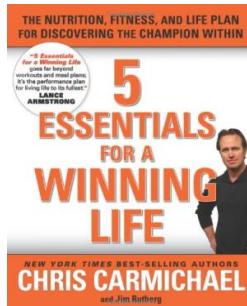


## 5 Essentials for a Winning Life: The Nutrition, Fitness, and Life Plan for Discovering the Champion Within



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