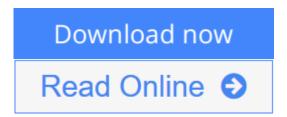


Personal Fitness: Looking Good, Feeling Good

By Charles S. Williams, Emmanouel G. Harageones, Charles D. Smith, Dewayne J. Johnson



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