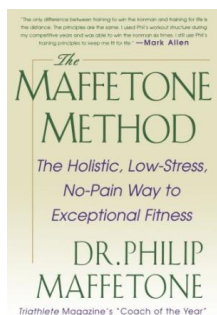


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## THE MAFFETONE METHOD: THE HOLISTIC, LOW-STRESS, NO-PAIN WAY TO EXCEPTIONAL FITNESS



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