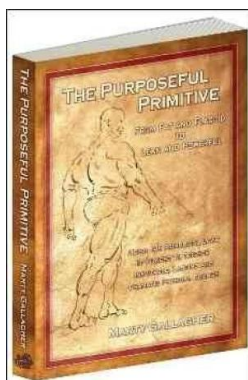


The Purposeful Primitive: From Fat and Flaccid to Lean and Powerful: Using Primordial Laws of Fitness to Trigger Inevitable, Lasting and Dramatic Physical Change



Book Review

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(Ms. Lucinda Koelpin)

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