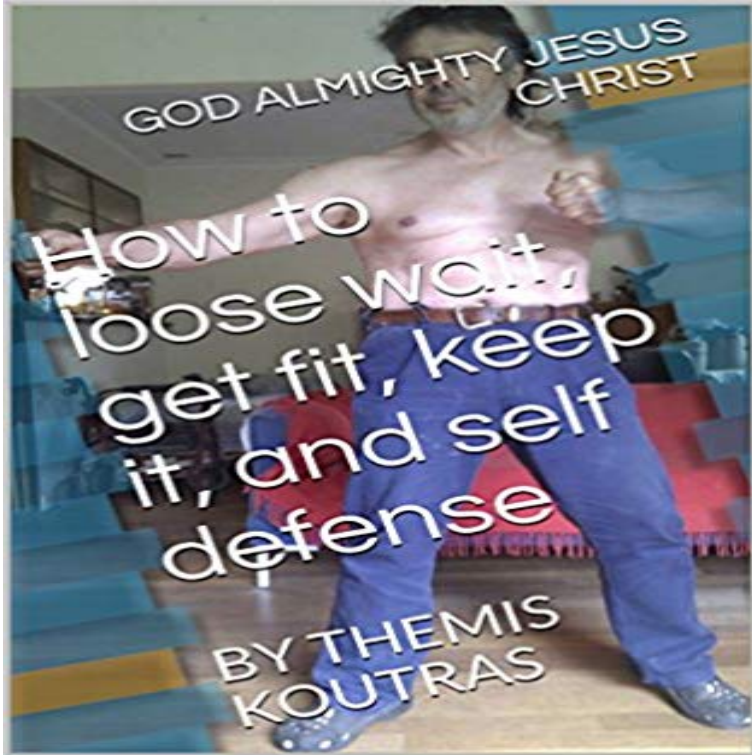


# How to loose wait, get fit, keep it, and self defense: BY THEMIS KOUTRAS



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