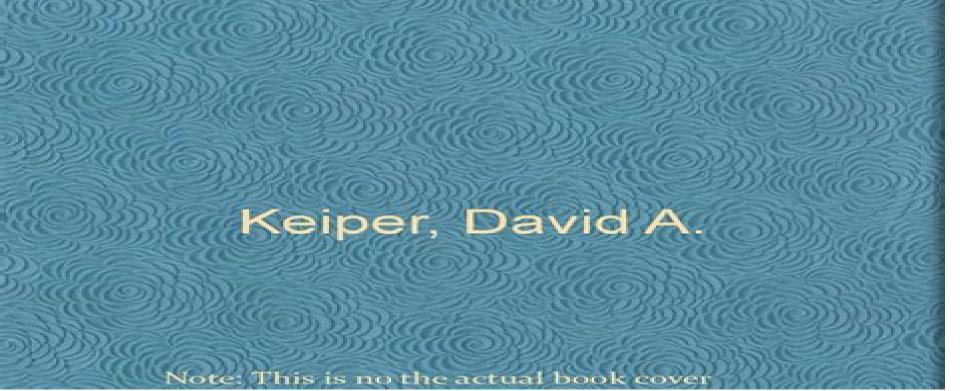
# How to Keep Your Bad Habits and Still Avoid Flame-Out (The Nutritional Connection)



**Patrick Vollmar** 

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