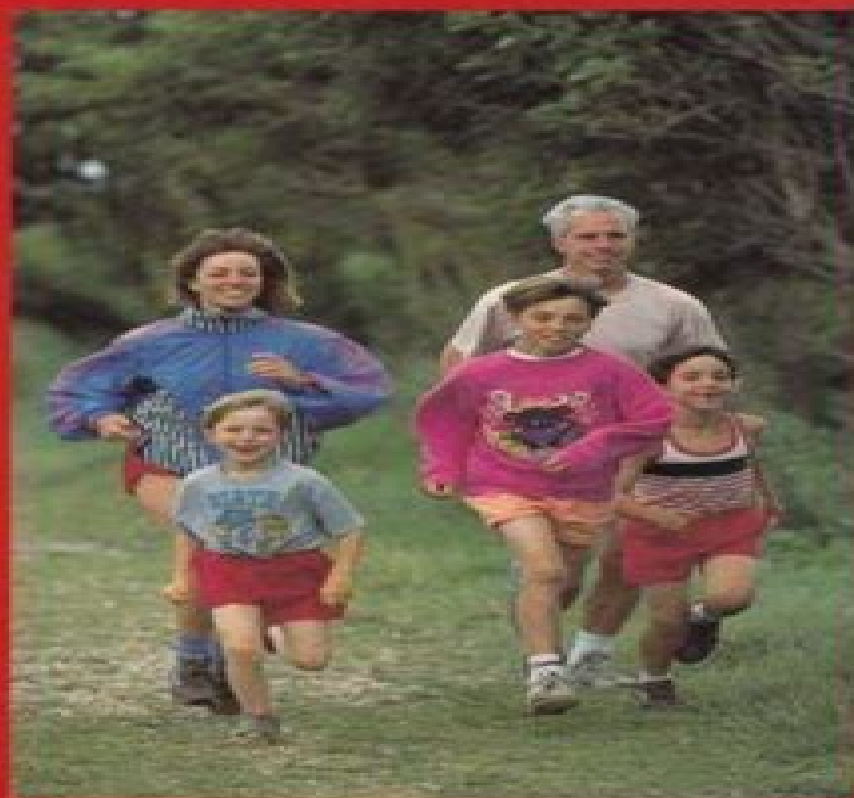


RUNNING

FITNESS AND INJURIES

A Self-help Guide



Vivian Grisogono

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