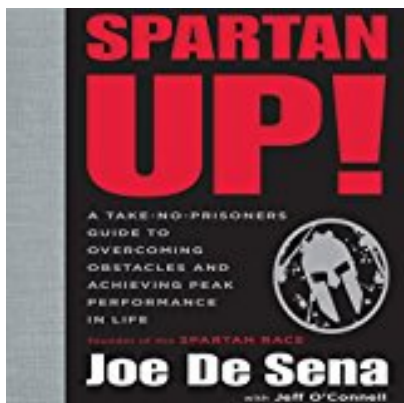


# Spartan Up! A Take-No-Prisoners Guide to Overcoming Obstacles and Achieving Peak Performance in Life

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