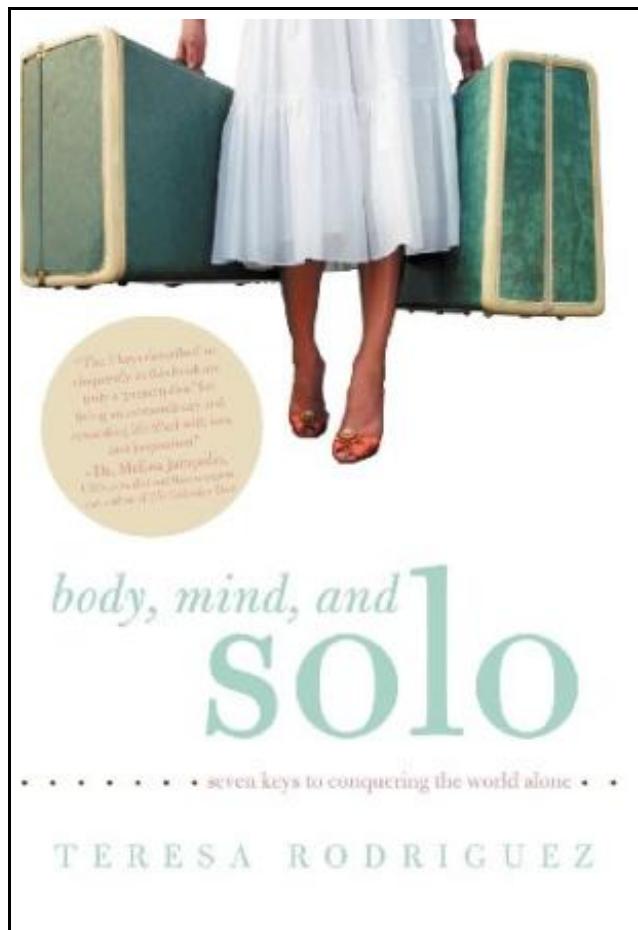


## Body, Mind, and Solo: Seven Keys to Conquering the World Alone



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