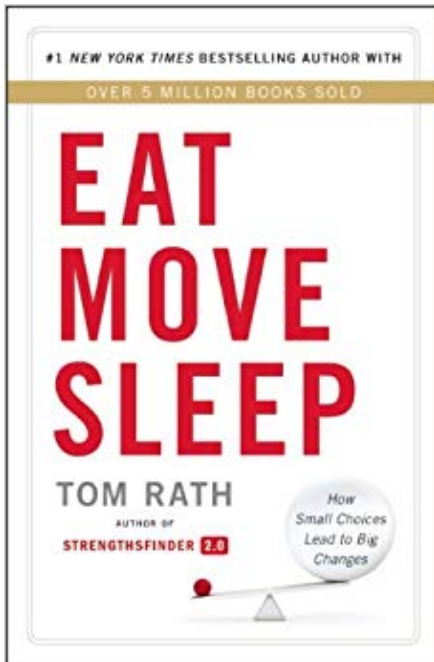


Eat Move Sleep: How Small Choices Lead to Big Changes by Tom Rath



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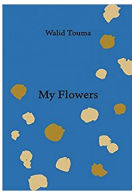

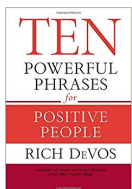

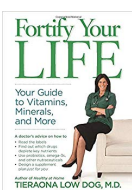
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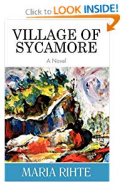
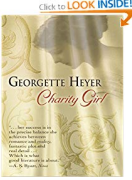

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