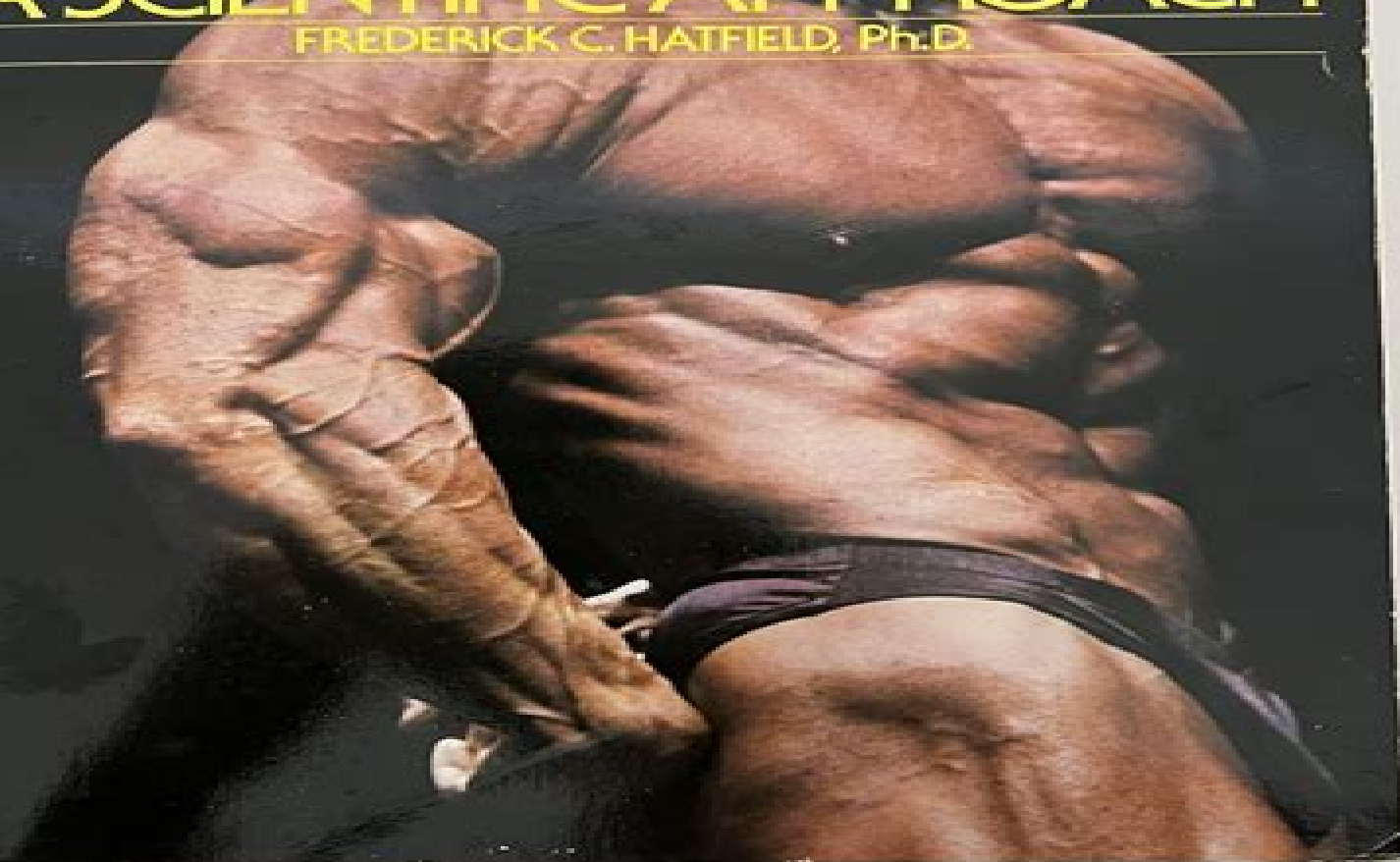


BODYBUILDING

A SCIENTIFIC APPROACH

FREDERICK C. HATFIELD, Ph.D.



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