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you are better able to focus and
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mastering resilience and an all
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people are still enamored by
their ripped physiques**

**undoubtedly some of the best to
show up in the movie biz and the
300 workout still gets 20 000
searches each month'**

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joe de sena**

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and founder joe de sena s latest
book the spartan way eat better
train better live better be
better better outlines the 10
principles aimed at helping us
gain endurance in the marathon of
life during tough times and
harried days you tend to just get
caught up de sena says'**

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