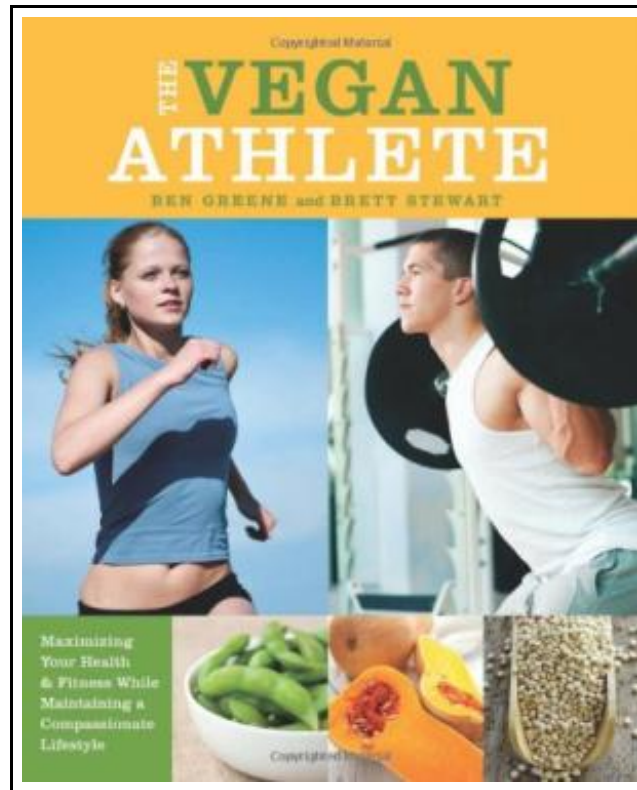


## The Vegan Athlete: Maximizing Your Health Fitness While Maintaining a Compassionate Lifestyle



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