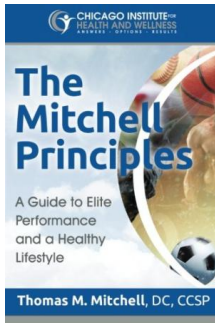


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## THE MITCHELL PRINCIPLES: A GUIDE TO ELITE PERFORMANCE AND A HEALTHY LIFESTYLE



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