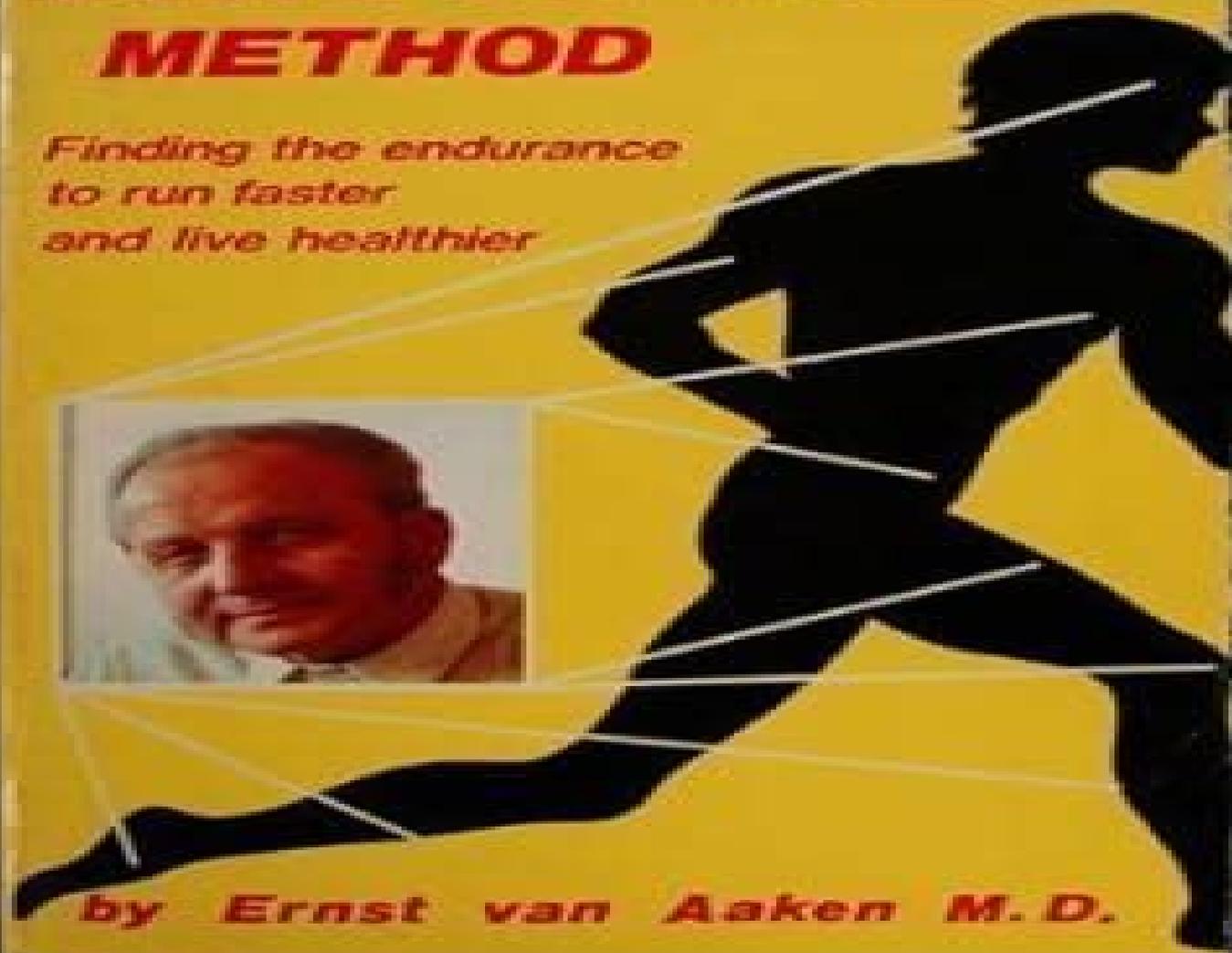


VAN AAKEN

METHOD

*Finding the endurance
to run faster
and live healthier*



by Ernst van Aaken M.D.

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