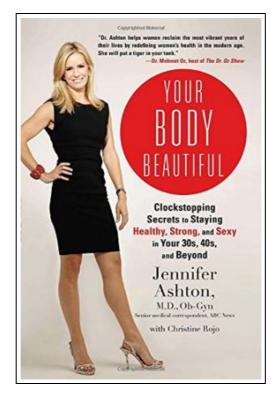
# Your Body Beautiful: Clockstopping Secrets to Staying Healthy, Strong, and Sexy in Your 30s, 40s, and Beyond



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