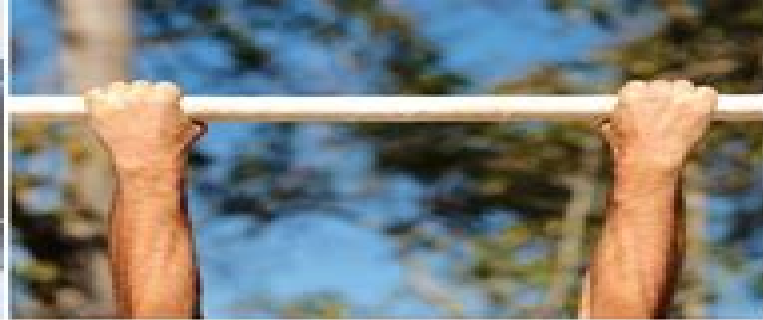




THE U.S. NAVY SEAL GUIDE TO FITNESS AND NUTRITION



Edited by
**Patricia A. Deuster, PhD, MPH, Anita Singh, PhD, and
Pierre A. Pelletier, ENS, MC, USNR**

Foreword by Don Mann



The Us Navy Seal Guide To Fitness And Nutrition

U.S. Navy



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