

MEYER  
& MEYER  
SPORT

FALL 2019

# MEYER & MEYER

THE SPORTS  
PUBLISHER





# FALL 2019

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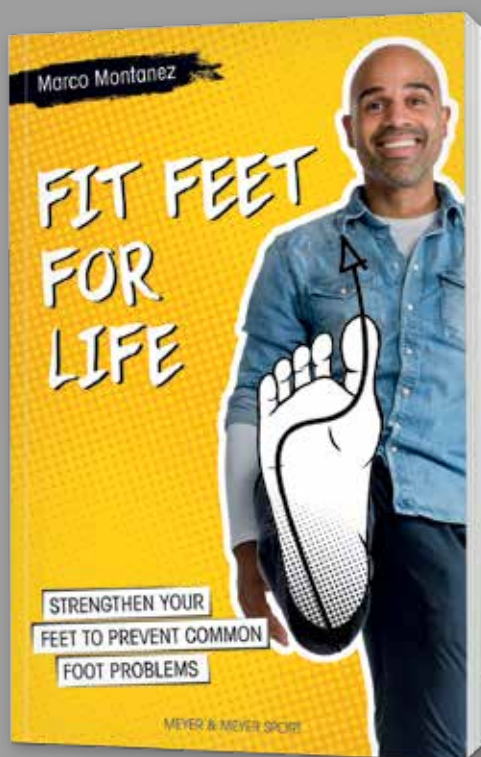
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# FIT FEET FOR LIFE

JANUARY 2020

## STRENGTHEN YOUR FEET TO PREVENT COMMON FOOT PROBLEMS



The foot, loved by some, hated by others, but mostly criminally neglected. Thanks to this book, the foot will now get the attention it deserves!

*Fit Feet for Life* draws attention to our feet and the big toe and takes the reader on an entertaining and richly illustrated journey from the evolution of the two-legged, barefoot pedestrian to the modern sneaker and the twists and turns of modern orthopedics and insoles. Marco Montanez's foot fitness concept "Toeability" strengthens the feet and helps with common foot problems such as hallux valgus and heel spur. Using his Toeability concept, the author gives 19 different exercises for the feet, all with accompanying photos.

With this guide, the reader will finally get their feet fit for life.



**MARCO MONTANEZ**, also known as "the Big Toe," is the barefoot expert. He brings the topic of feet forward and onto the big stage. As an expert in biokinematics and fascia training, he has inspired thousands and won over therapists and trainers for his Toeability concept. He currently resides in Germany.



approx. 264 p., B & W

205 photos + illus.,

Paperback, 5.5" x 8.5"

ISBN: 9781782551836

**\$ 14.95 US/  
£ 12.95 UK/€ 14.95 EUR**



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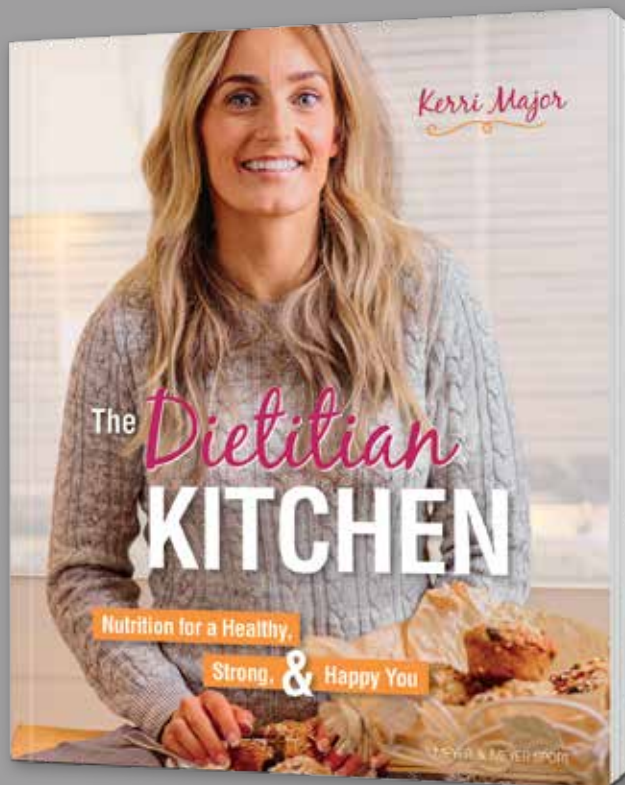
# THE DIETITIAN KITCHEN

## NUTRITION FOR A HEALTHY, STRONG, & HAPPY YOU

JANUARY 2020

As a registered dietitian and certified personal trainer, Kerri knows the importance of nourishing and fueling the body with a well-balanced diet and keeping active. Recently, the concept of eating well has become overly complicated and expensive thanks to the ever-growing diet industry trying to sell the next quick fix. This growing trend has, in turn, caused people to develop a poor relationship with food—and their bodies.

This book brings the readers back to the basics of nutrition by encouraging everyone to learn the foundations of nutrition, providing the knowledge to nourish the body appropriately, and saying goodbye to fad diets for good! It also provides readers with more than 90 healthy, simple, affordable, and delicious meal ideas, sweet treat ideas, and exercise inspiration to help keep them moving. Kerri shares her nutrition and exercise philosophy and helps educate and inspire readers to look after themselves and shows them that it can be done, even with the busiest lifestyle.



**KERRI MAJOR** is a Registered Dietitian and SENr Sports Dietitian. She is also a qualified Personal Trainer and is passionate about combining her professions to help people develop a healthy relationship with food and exercise, motivating them to live well and look after themselves. Kerri holds three jobs, working as an NHS Dietitian, a Freelance Sports Dietitian, and a Personal Trainer. She is an avid CrossFitter and keen runner who loves to cook and bake! She is based in Scotland.



approx. 264 p., in color  
more than 50 photos + illus.

Paperback, 8.3" x 10"

ISBN: 9781782551843

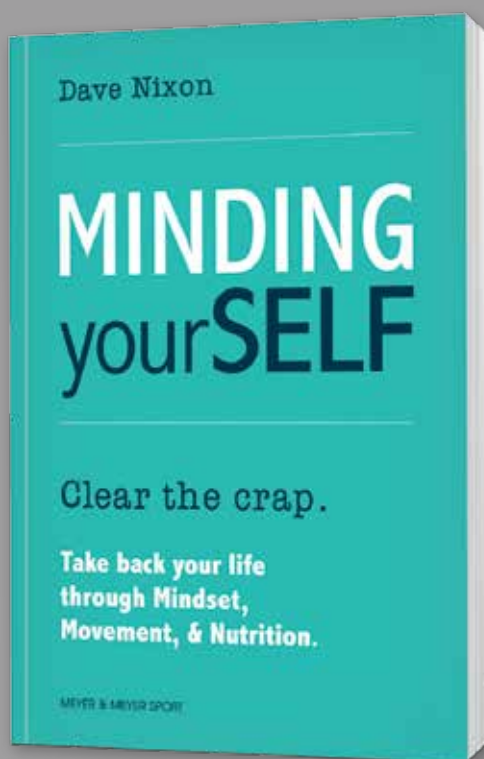
**\$ 22.95 US/  
£ 19.95 UK/€ 22.95 EUR**



# MINDING YOURSELF

JANUARY 2020

CLEAR THE CRAP. TAKE BACK YOUR LIFE  
THROUGH MINDSET, MOVEMENT, & NUTRITION.



*Minding Yourself* challenges the traditional approach to fitness and reframes the positive psychological approach to training, nutrition, and “self-love.” For decades, trends in the fitness industry had created long-term psychological issues and provided short-term, unsustainable physical solutions to draw people in. This book breaks the reader free from the unhealthy pattern of yo-yo diets and impractical fitness routines by providing practical, healthy, and sustainable strategies for long-term change.

This book bases its approach on the methods of people who have made healthy changes to their lifestyles and maintained them. It examines their why, what, and how. The nutrition information is provided by expert, Nick Shaw, founder and CEO of Renaissance Periodization.

*Minding Yourself* revolutionizes how the reader approaches training, nutrition, and the overall outlook on the life–family–work balance. After applying the strategies in this book, the reader will start living a life that’s healthier and happier.



**DAVE NIXON** has trained and coached more than 6,000 people in the fitness and health industry. Dave has regularly contributed to *Men’s Muscle & Health* magazine. He has worked with elite international athletes on their mindsets to help them reach their potential and the podium.

In 2012, Dave founded and still operates Functional Fitness Australia, which is a small group coaching gym based out of Canberra, Australia. His daily podcast “Mood Prep” receives more than 6,000 downloads a month, and with his Mood Prep U program he educates PTs, athletes, and the average enthusiast around the world.



approx. 150 p., B&W  
approx. 10 photos + illus.,  
Paperback, 5.5” x 8.5”

ISBN: 9781782551881

**\$ 14.95 US/  
£ 12.95 UK/€ 14.95 EUR**



# EAT, MOVE, SLEEP, REPEAT

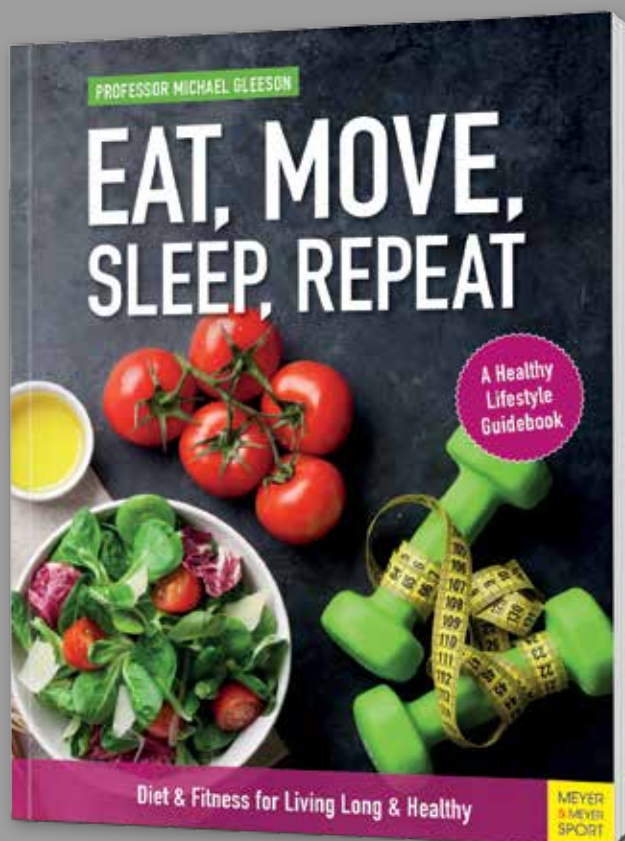
## DIET & FITNESS FOR LIVING LONG & HEALTHY

JANUARY 2020

Exercise and nutrition programs designed to achieve weight loss and improve health are very popular. But, books on this often focus on the latest fad diet, usually combined with the latest fad exercise regimen, and rarely provide scientific, evidence-based reasons for their methods.

*Eat, Move, Sleep, Repeat* is different. It provides a scientific, evidence-based rationale for selecting certain diets and forms of physical activity that can help to achieve effective body fat and bodyweight loss; explains how to develop a personalized weight-loss plan; gives guidelines for a healthy balanced diet; provides advice on how to improve sleep quality, avoid common illnesses, keep organs healthy, and how much exercise is needed to get health benefits.

Meant for every fitness goal, fitness level, and occupation, this book aims to provide evidence-based guidelines to establish a healthy lifestyle, promoting better quality of life, reducing the risk of chronic disease, and extending longevity.



**MICHAEL GLEESON** is Emeritus Professor of Exercise Biochemistry in the School of Sport, Exercise and Health Sciences at Loughborough University, former president of the International Society of Exercise and Immunology, and a Fellow of the European College of Sport Science and the British Association of Sport and Exercise Sciences. He has written on the overtraining syndrome, sport nutrition, immunonutrition, and exercise and immune function and advised professional sports organizations, including the English Institute of Sport and several English premier league football clubs, on nutritional strategies to improve performance and maintain health. He lives in Leicestershire.



400 p., B & W  
approx. 40 photos + illus.

Paperback, 7" x 10"

ISBN: 9781782551874

**\$ 24.95 US/  
£ 22.50 UK/€ 24.95 EUR**

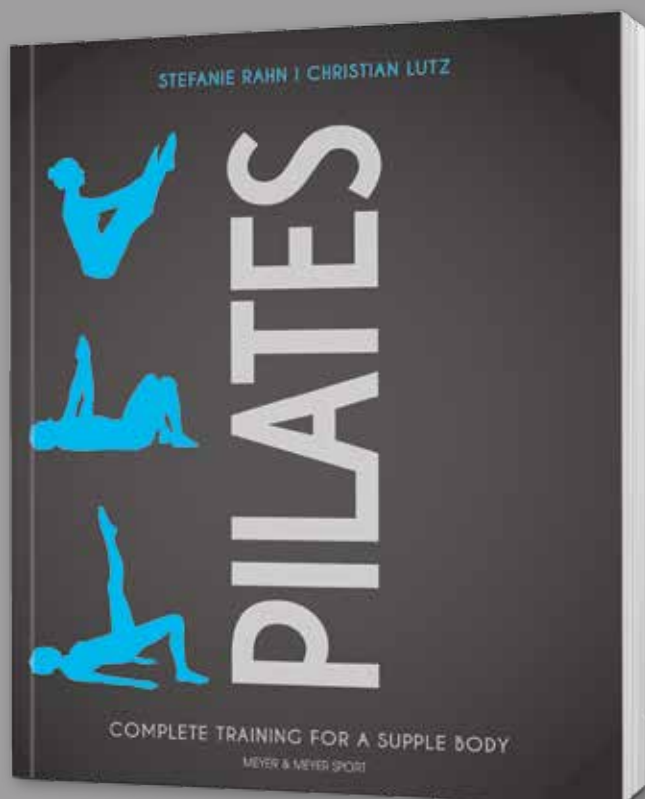


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# PILATES

DECEMBER 2019

## COMPLETE TRAINING FOR A SUPPLE BODY



*Pilates: Complete Training for a Supple Body* provides comprehensive knowledge and contains a variety of exercises as well as professional tips and hints for trainers and exercisers. The Pilates method is a functionally oriented training program that has recently become an integral part of the training and therapy world. The exercises are based on strengthening the body's core and supporting muscles, including pelvic floor, abdominal, and back muscles. The basis of the training is to promote a correct and healthy posture. Pilates is not only a fitness program for women; it can be practiced by all fitness enthusiasts as well.

The main part of this book gives targeted, group-specific exercise programs with and without small equipment—a bit different from the trend topic, Fascia Pilates. The versatile exercises can be easily integrated into any training program!



**STEFANIE RAHN** is an instructor for Pilates Bodymotion and works as a consultant for the Artzt Institute and various gymnastics federations. She owns a Pilates studio, PilatesLesson, is a Fascial Fitness Master Trainer, and has an NLP-Master, certified German Association for Neuro-Linguistic Programming (DVNLP).



**CHRISTIAN LUTZ** is a non-medical practitioner and Pilates Bodymotion instructor, and works as a consultant for various therapeutic training institutes and various gymnastics associations. He has been practicing Pilates since 1998 and has his own Pilates studio, Pilatespeople.



384 p., in color  
1039 photos + illus.,  
Paperback, 8.3" x 10"  
ISBN: 9781782551867

**\$ 29.95 US/  
£ 27.50 UK/€ 29.95 EUR**



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# HATHA YOGA

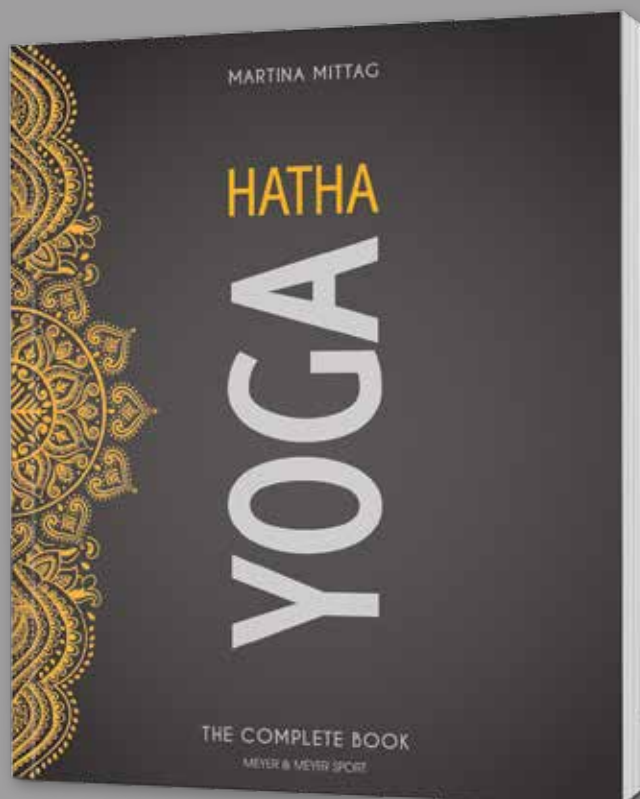
## THE COMPLETE BOOK

DECEMBER 2019

*Hatha Yoga* is the most complete training book on hatha yoga. The various flows and progressions are suitable both for yoga instructors and practitioners.

After a comprehensive introduction to yoga followed by an overview of the origins and philosophy of classical yoga, the reader can expect a detailed, practical section. The 34 best-known yoga postures (asanas) are presented, including their correct execution, symbolism, alignment, preparation, and guidance tips.

Specially coordinated series of exercises complete with photo progressions can be used for an hour session, either for a class or personal workouts. These series can be taken directly as they are or adapted to suit the user's needs. The book also includes visualization and relaxation trips tailored to the photo progressions to allow for a deeper immersion into the yoga practice. At the same time, the practitioner experiences the basic themes of life from the yoga perspective and can be inspired to integrate them into his or her own world of experience.



**MARTINA MITTAG** is a qualified dance teacher, fitness trainer, and yoga teacher BDY/EYU. She has been self-employed with Yoga Werft since 2001, leading relaxation sessions for large companies, yoga prevention courses, workshops, training courses, and yoga trips ([www.yogawerft.com](http://www.yogawerft.com)). Martina is also a consultant for the German Gymnastics Federation (DTB) and the Association for Gymnastics and Leisure (VTF) in Hamburg.



424 p., in color  
983 photos + illus.  
Paperback, 8.3" x 10"

ISBN: 9781782551850

**\$ 34.95 US/  
£ 30.00 UK/€ 34.95 EUR**

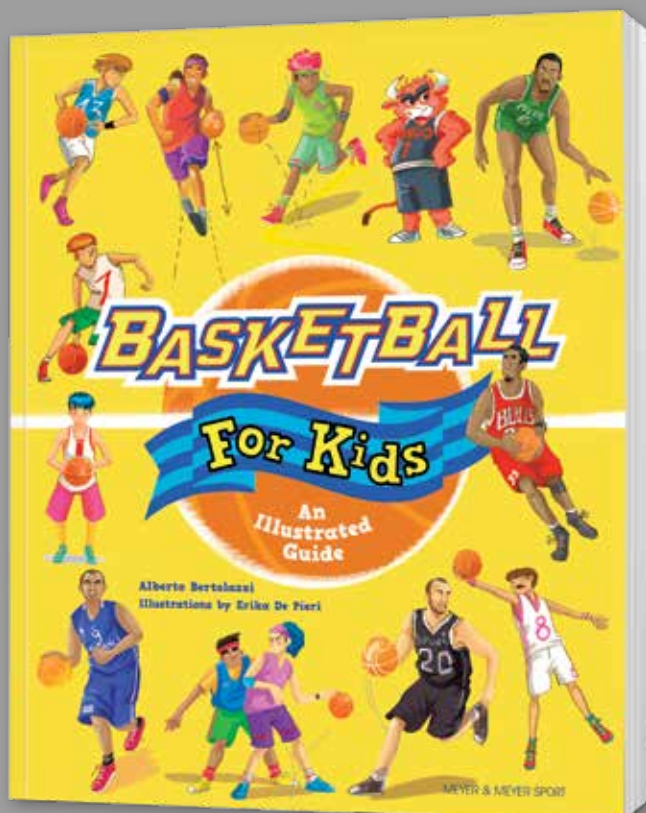


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# BASKETBALL FOR KIDS

DECEMBER 2019

AN ILLUSTRATED GUIDE



Basketball enjoys worldwide popularity, and kids all over the world love to play it. *Basketball for Kids* is an illustrated guide with a simple approach to the sport aimed at children and young teens. The book first briefly introduces kids to the sport of basketball, from its origins to present day. From there, they read about the principal rules and basic techniques of the game: shooting, dribbling, passing, and much more. All this tutorial advice is accompanied by humorous and colorful illustrations that will engage the readers. The book also describes popular teams, players, and leagues from over the world.

*Basketball for Kids* is an enjoyable, easy-to-understand guide for kids to help them take their first steps in the game.

**ALBERTO BERTOLAZZI** has collaborated with many newspapers and created numerous illustrated books. In 2011, he launched his writing career with the novel *Il rugby salverà il mondo* (*Rugby Will Save the World*). He has practiced many types of sports, some at a competitive level, others as an amateur. Alberto has been a diving instructor, the president of an amateur soccer league, and the coach and trainer of junior soccer and rugby teams. He also contributed to drafting educational and informative books about sports.



88 p., in color  
approx. 200 photos + illus.,

Hardcover, 9" x 11,2"

ISBN: 9781782551737

**\$ 16.95 US/  
£ 14.95 UK/€ 16.95 EUR**



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# INTELLIGENT SOCCER TRAINING

MEYER  
& MEYER  
PREMIUM

JANUARY 2020

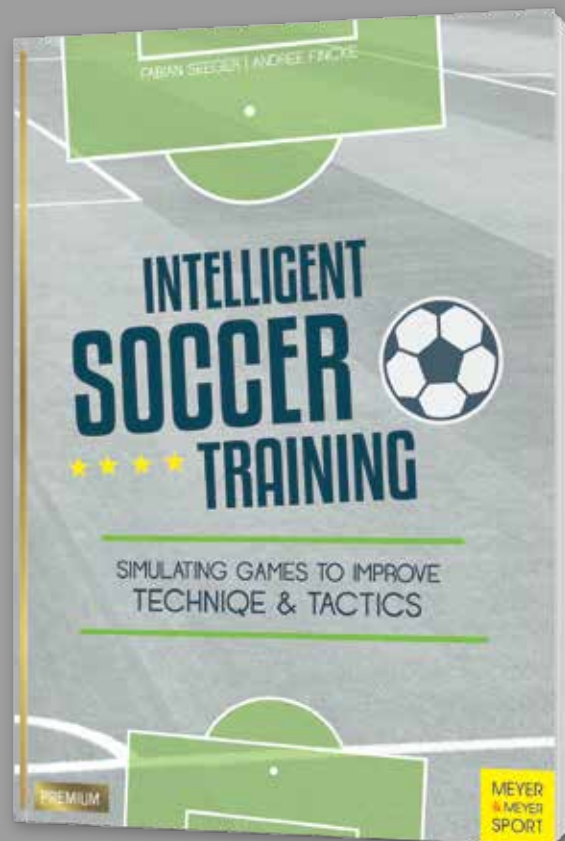
## SIMULATING GAMES TO IMPROVE TECHNIQUE & TACTICS

*Intelligent Soccer Training* is the follow-up book to *The Soccer Games and Drills Compendium*.

150 training forms teach basic tactical and technical skills of modern soccer. Also discussed is running behavior (chasing and catching), techniques (ball control, dribbling, first-touch control, passing, and shooting), group tactics, games entries, and improving action speed and game intelligence.

With its detailed training information, the book is for all playing ages and performance levels, giving the trainer new exercises and modern and additional forms of play to expand his repertoire of varied and motivating training.

Also provided is the theory of intelligent training, which answers questions about training and competition. Here, aspects such as talent definition, talent development, management composition, teaching and learning techniques, game system, position specifics, and training atmosphere are covered, so that all players and coaches will have the knowledge and skills needed to excel at the game of soccer.



**ANDREE FINCKE** is a former professional soccer player. Now he works as a teacher and trainer at the elite school of sports, Alter Teichweg, in Hamburg. Fincke is responsible for the school's soccer project and is also the chairman of the school soccer technical committee for Hamburg.



**FABIAN SEEGER** is the author of *The Soccer Games and Drills Compendium* and *Creative Soccer Training*. Fabian received a master's degree in sports science from the Christian Albrechts University in Kiel, Germany, and an A license for coaching from the DFB (German Soccer Association). He is a basecamp coach for the DFB's talent development program, and he also serves as advisor to the Hamburger Soccer Association coach's training.

200 p., in color



approx. 100 photos & illustrations

Paperback, 8.3" x 11.6"

ISBN: 9781782551706

**\$ 24.95 US/**

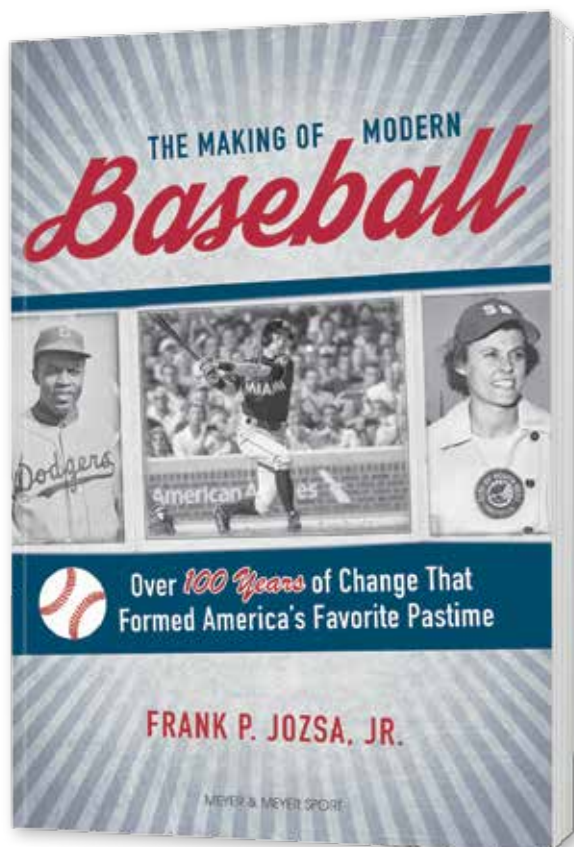
**£ 22.50 UK/€ 24.95 EUR**



FEBRUARY 2020

# THE MAKING OF MODERN BASEBALL

## OVER 100 YEARS OF CHANGE THAT FORMED AMERICA'S FAVORITE PASTIME



Major League Baseball has enjoyed a long period of progress and success, but in its 118 years, it has undergone major changes.

*The Making of Modern Baseball* examines the development of MLB, including the recruitment, entry, and performance of ballplayers; the competitive balance among teams within and between the American and National League; expansion of new franchises located in the US and Canada; and the economic realities of the leagues given the demographics, distribution, and wealth of their franchises' markets. Additionally, this book provides answers to such questions as: What types of methods exist to measure and analyze performances of players and their teams? What has been the impact of free agency on ballplayers' salaries? How different are the gate receipts, total revenues, and valuations of large, midsized, and small market teams?

*The Making of Modern Baseball* takes the reader deep into Major League Baseball, making it a must-have for every fan and follower of the sport.

A former college and semiprofessional athlete with an undergraduate degree in accounting and master's degrees in business administration and economics, and also a doctorate in economics, **FRANK P. JOZSA JR.** is the author of several books on team sports in professional baseball, basketball, and football, and others on intercollegiate sports programs and the role and progress of male and female student athletes on campuses of American colleges and universities. His memoir, *A Hoosier's Journey: Athlete, Student, Teacher, and Author* was published in 2011.

280 p., b/w



approx. 25 photos & illustrations

Paperback, 6.5" x 9.5"

ISBN: 9781782551898

**\$ 24.95 US/  
£ 22.50 UK/€ 24.95 EUR**

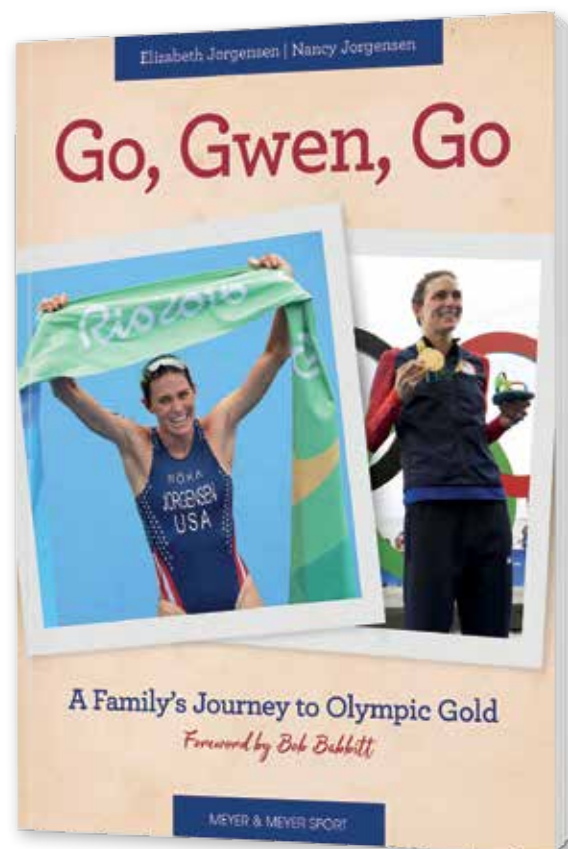


# GO, GWEN, GO

## A FAMILY'S JOURNEY TO OLYMPIC GOLD

OCTOBER 2019

Narrated in alternating voices by mother Nancy and sister Elizabeth, and with a foreword by legendary Bob Babbitt, *Go, Gwen, Go: A Family's Journey to Olympic Gold* is an inspiring story about Olympian Gwen Jorgensen and her family. This memoir introduces readers to a young woman of modest athletic achievements who uses desire and discipline to attain the ultimate in sport—the Olympic gold. Readers will enter the secret world of Olympic training, professional coaching, international travel, sponsor funding, anti-doping requirements, athlete nutrition, and sports physiotherapy. This book will take them inside the personal life of a professional athlete, complete with family crises and holiday celebrations. In this inspiring story, Gwen Jorgensen and her family grow together, from average to Olympian.



**ELIZABETH JORGENSEN** is a high school English teacher published in *Azalea* (Harvard University), *The Wisconsin English Journal*, and *The Milwaukee Journal Sentinel*. She presents at conferences including National Council of Teachers of English, Wisconsin State Reading Association, and National Consortium for Teaching about Asia.



**NANCY JORGENSEN** recently retired after 35 years teaching choral music in Wisconsin and now writes, pursues collaborative piano opportunities, and spends time with daughters Elizabeth and Gwen and grandson Stanley. Her writing appears or is forthcoming in *Prime Number Magazine*, *Smith Magazine*, *Cagibi*, and *Coffin Bell*.



300 pages, b/w

24 photos + illus.

Hardcover, 6.5" x 9.5"

ISBN: 9781782551911

**\$ 24.95 US/  
£ 22.50 UK/€ 24.95 EUR**



## THE PHILOSOPHY OF THE GAME

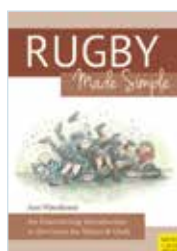
Badminton is one of the fastest sports in the world, and a smash by a Chinese player has been measured at 206 miles per hour, faster even than a golf ball. Just as badminton has grown in popularity around the world in the past 20 years, and has now been recognized as an Olympic Sport, the sport itself has also changed a great deal.



**Bernd-Volker Brahm**  
**BADMINTON HANDBOOK**  
 Training – Tactics – Competition

This compact, groundbreaking training manual gives the reader an overall insight into the world of badminton. Training theory and background information about the sport and its stars relate the excitement of this sport.

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 ISBN: 9781782550426  
 \$ 18.95 US/£ 14.95 UK/€ 18.95 EUR



**Ann Waterhouse**  
**RUGBY MADE SIMPLE**  
 An Entertaining Introduction to the Game  
 for Mums & Dads

If you will be cheering on a rugby touch line this winter, but are still mystified by the antics on the pitch, this is the book for you.

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**Ann Waterhouse**  
**FOOTBALL MADE SIMPLE**  
 An Entertaining Introduction to the Game  
 for Mums & Dads

If you have a footballer in your life, but don't understand the game at all, then this is the book for you.

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**Ann Waterhouse**  
**CRICKET MADE SIMPLE**  
 An Entertaining Introduction to the Game  
 for Mums & Dads

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**Graeme Copas**  
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NEW

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**Enrique TOPO Rodríguez**  
**RUGBY: THE ART OF SCRUMMAGING**  
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**PERIODIZATION IN RUGBY**

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**INTELLIGENT SOCCER TRAINING**  
 Simulating Games to Improve Technique & Tactics

NEW

The 150 training forms teach the basic tactical and technical skills of modern soccer. Furthermore, the book discusses running behavior, techniques, group tactics, variable games entries, as well as the improvement of action speed and game intelligence.

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**Englund/Pascarella**  
**SOCCER TRANSITION TRAINING**  
 Moving Between Attack and Defense

*Soccer Transition Training* is the first complete study of critical transition moments. Written by two leading soccer educators, this book offers everything coaches at any level need to help their teams dominate in transition.

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Kerber/Seeger  
**CIRCLE SOCCER TRAINING**  
100 Games and Drills to Improve Game Competence – For All Levels

The concepts of circle soccer and their application in training are important for all players—at any level—to develop their technical playing abilities. With *Circle Soccer Training*, players can create a competitive advantage over their opponents.

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Jason Carney  
**THE SOCCER COACH'S BLUEPRINT**  
Build a Strong Team Culture to Create a Winning Environment

The basis of a strong and successful team is a strong foundation. This book helps soccer coaches to build a structured environment by presenting ready-made methods, which enable players to thrive.

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Steffen Siebert  
**A LEAGUE OF THEIR OWN**  
The Secrets of Club Soccer Champions

This book provides readers with a closer look at the FIFA Club World Champions. It discusses different tactical philosophies and how these tactical approaches have been adjusted by some of soccer's greatest coaches, such as Guardiola, Mourinho, Enrique, and van Gaal.

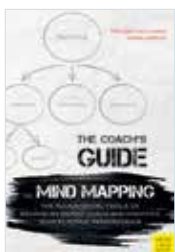
160 p., in color, 7 photos, 69 illus., paperback, 6 1/2" x 9 1/4"  
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Seeger/Favé  
**CREATIVE SOCCER TRAINING**  
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This book includes games and drills that build on basic playing skills. Foregoing theoretical introductions, the authors focus on comprehensive exercises and skills that go beyond standard training.

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Darren Laver  
**STREET SOCCER: THE COACHES' GUIDE**  
Coaching People, Creating Players

This guide to street soccer coaching, written by the founder of the International Street Soccer Association (ISSA), is an informative and easy-to-use handbook for all levels. It contains 50 games that coaches can try out with their players to become more successful and still have fun.

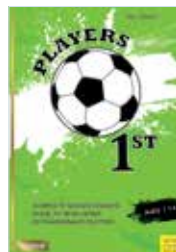
176 p., in color, 4 photos, 63 illus., paperback, 6 1/2" x 9 1/4"  
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**ALL ABOUT PRESSING IN SOCCER**  
History. Theory. Practice.

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Bill Dooley  
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Complete Soccer Coach's Guide to Developing Extraordinary Players, Ages 7-14

A unique approach that focuses on developing individual players, paying particular attention to their soccer skills. It turns terrific kids into extraordinary players.

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From the Game's Greatest Coaches

A collection of the tactics and methods from some of the best soccer coaches around the world for all levels. It is the most extensive collection of practical and theoretical coaching education advice ever.

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ISBN: 9781782551300  
\$ 24.95 US/€ 19.95 UK/€ 24.95 EUR



Fabian Seeger  
**THE SOCCER GAMES AND DRILLS COMPENDIUM**  
350 Smart and Practical Games to Form Intelligent Players—For All Levels

This compilation of realistic drills and games facilitates design and quick implementation of modern soccer training. Specific training exercises and graphics make it an optimal resource for coaches.

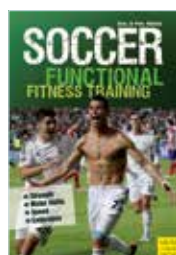
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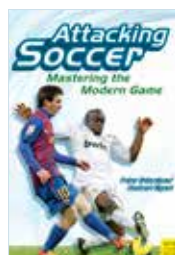
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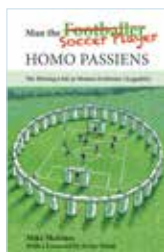
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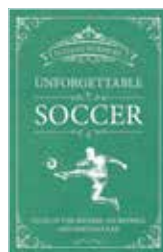
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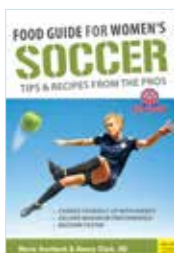
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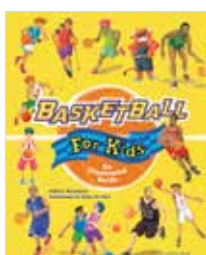
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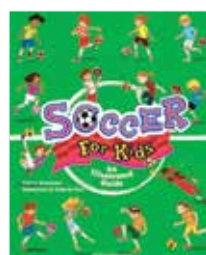
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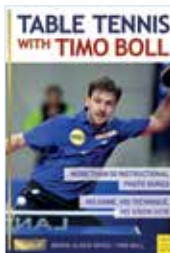
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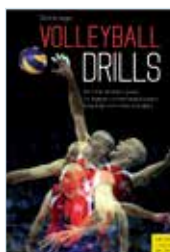


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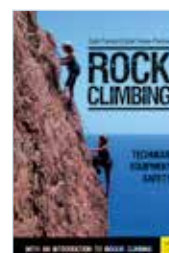
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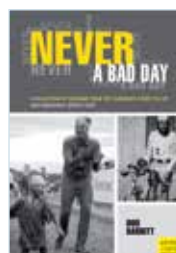
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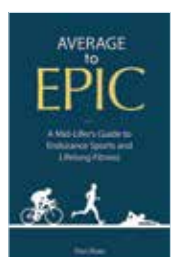
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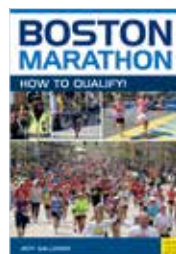
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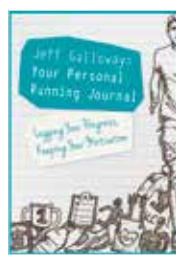
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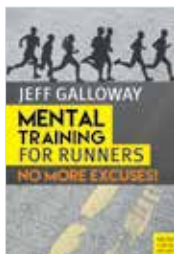
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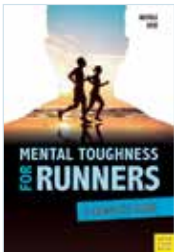
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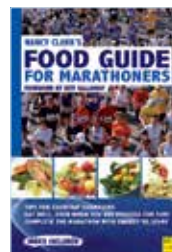
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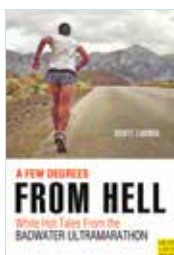
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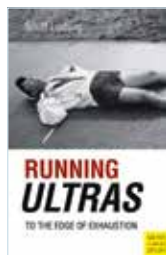
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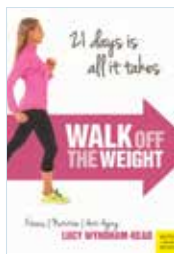
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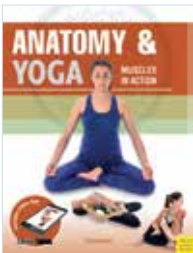


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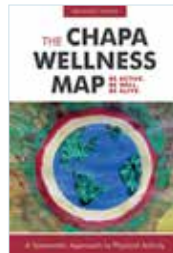
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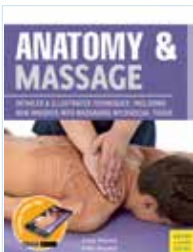
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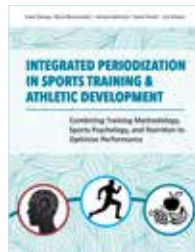
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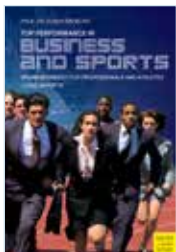
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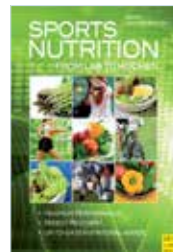
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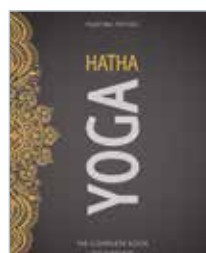


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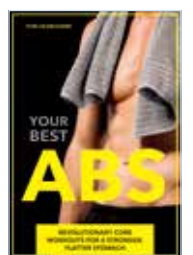
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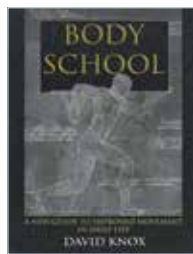
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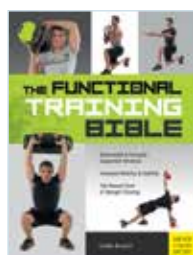
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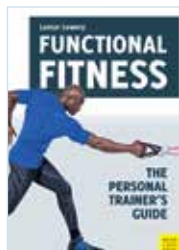
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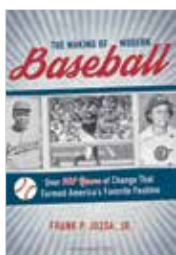
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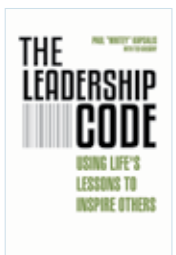
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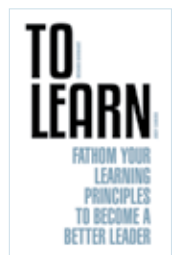
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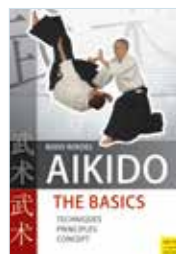
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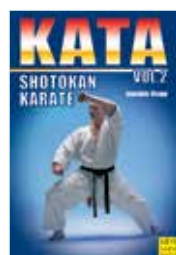
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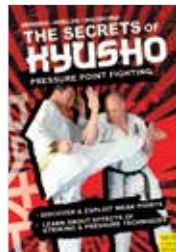
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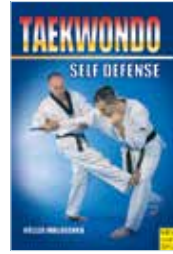
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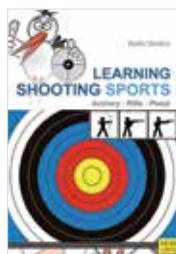
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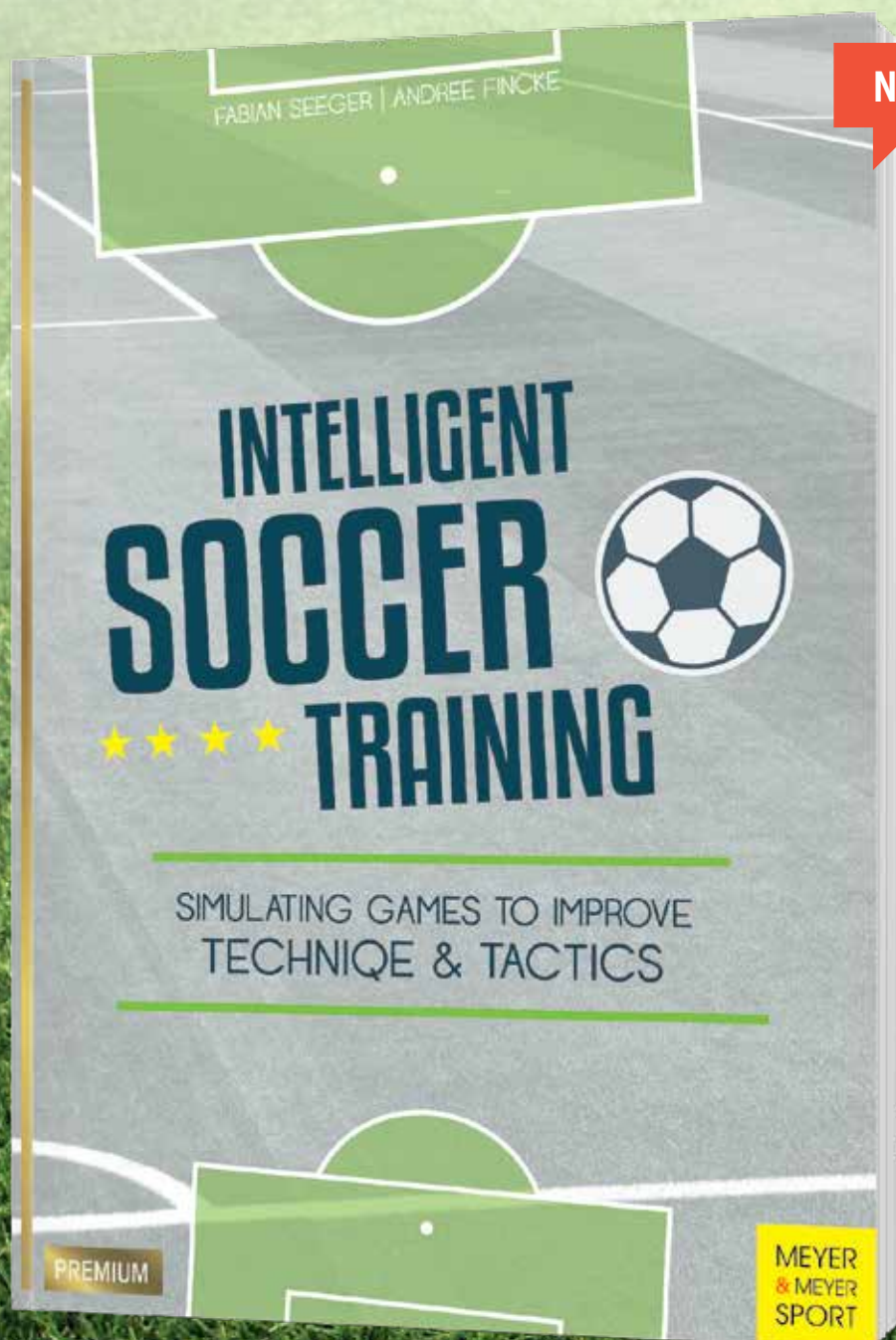


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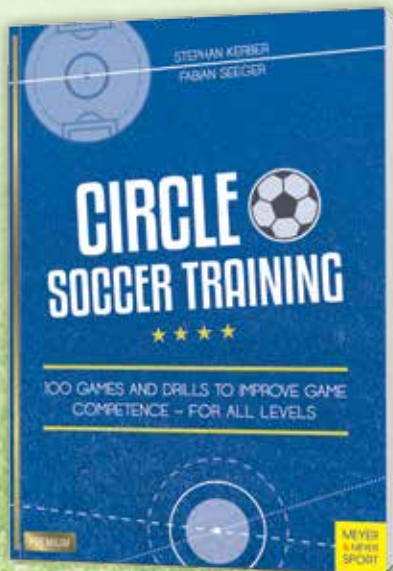
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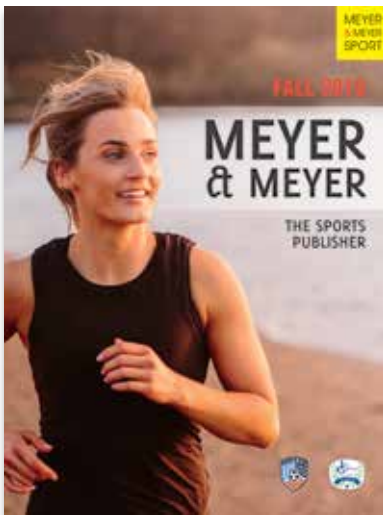
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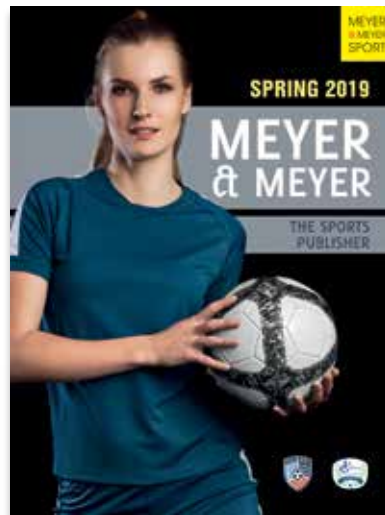
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