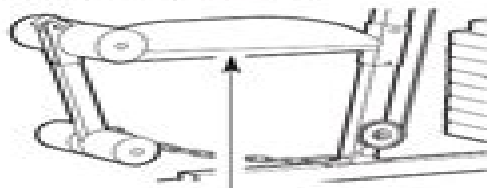


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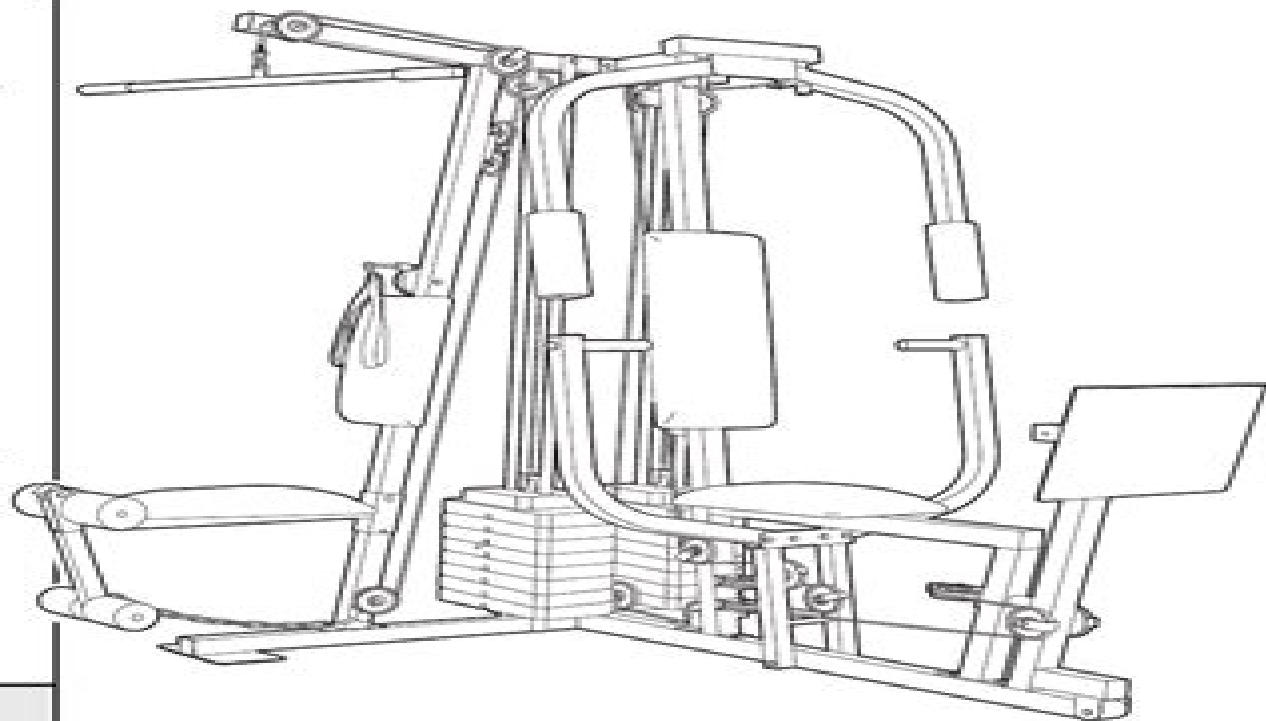
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alone broke the silence Then as the crest of Grizzly Peak reddened in the rising sun the reedy querulous challenge of the cock quail sounded defiance from sheltering thickets far and near The wind sighing through the redwoods the pungent smoke of the camp fire the pure clear air of the early morning the joy of it all when one is pulsating with health and lives close to nature About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books Find more at www.forgottenbooks.com This book is a reproduction of an important historical work Forgotten Books uses state of the art technology to digitally reconstruct the work preserving the original format whilst repairing imperfections present in the aged copy In rare cases an imperfection in the original such as a blemish or missing page may be replicated in our edition We do however repair the vast majority of imperfections successfully any imperfections that remain are intentionally left to preserve the state of such historical works *Superflex* Corinna Everson, Jeff Everson, 1987 Progressive weight training routines and techniques nutritional and dietary pointers for competition Publishers Weekly

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