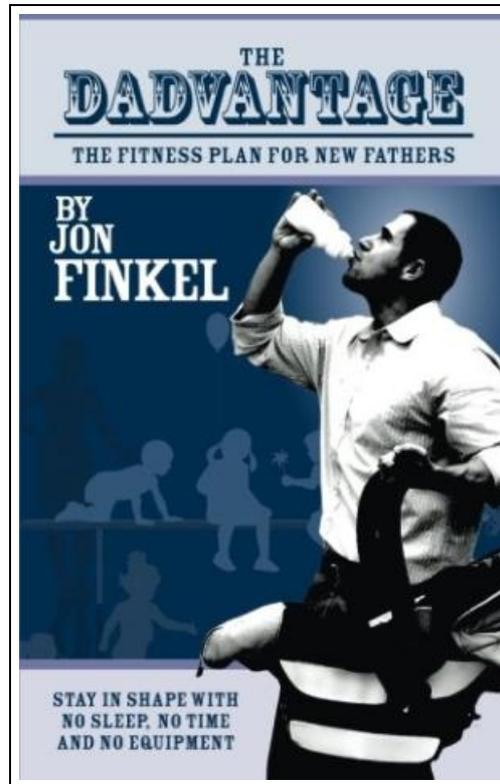


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THE DADVANTAGE: A BLUEPRINT FOR NEW FATHERS TO STAY IN SHAPE ON NO SLEEP, WITH NO TIME AND NO EQUIPMENT

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