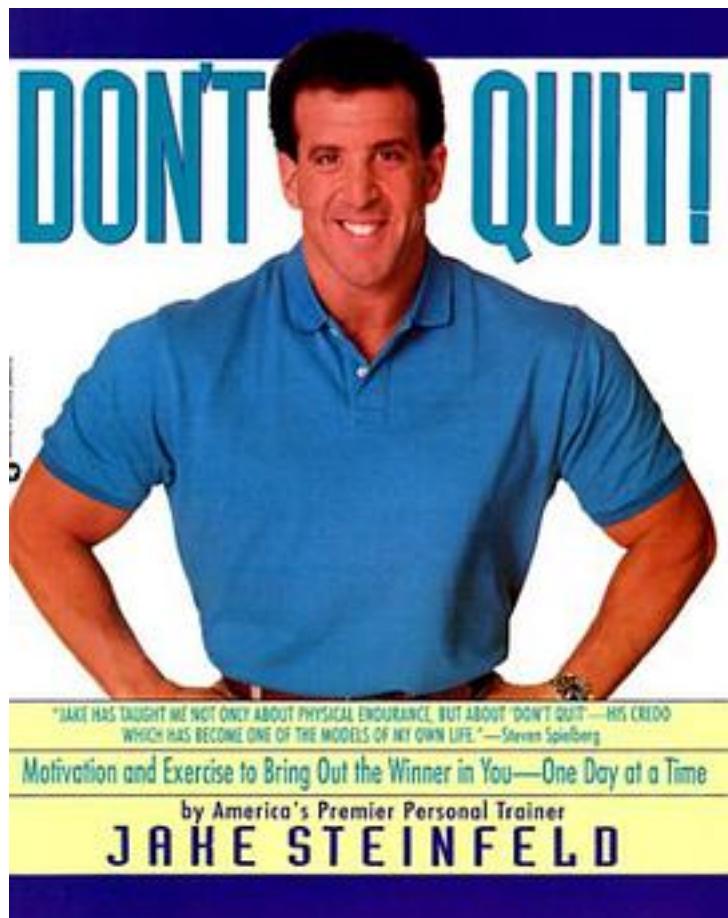


# Don't Quit



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著者:Jake Steinfeld

出版者:Grand Central Publishing

出版时间:1993-05-01

装帧:Paperback

isbn:9780446394857

The star of ESPN's Body by Jake and the Family Channel's Big Brother Jake, Steinfeld has helped many major stars get in shape, including Harrison Ford, Warren Beatty, Steven Spielberg, and Priscilla Presley. Now he takes readers through a unique regimen designed to pump up mind, body, morale and develop mental stamina to get

going and keep going in every area of life.

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