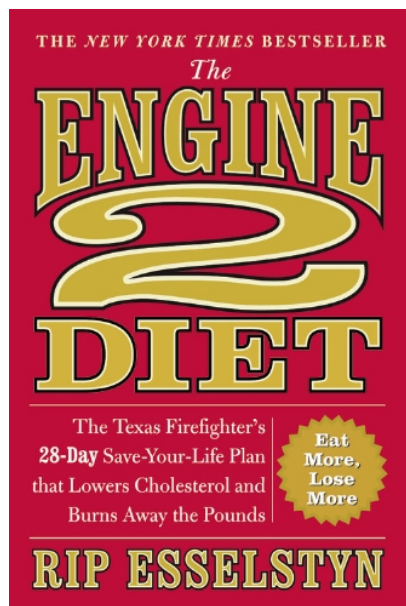


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by Rip Esselstyn : **The Engine 2 Diet: The Texas Firefighter's 28-Day Save-Your-Life Plan that Lowers Cholesterol and Burns Away the Pounds**

ISBN : #0446506680 | Date : 2017-12-26

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Professional athlete-turned-firefighter Rip Esselstyn is used to responding to emergencies. So, when he learned that some of his fellow Engine 2 firefighters in Austin, TX, were in dire physical condition-several had dangerously high cholesterol levels (the highest was 344!)-he spr... *The Engine 2 Diet: The Texas Firefighter's 28-Day Save-Your-Life Plan that Lowers Cholesterol and Burns Away the Pounds*

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The Engine 2 Diet: The Texas Firefighter's 28-Day Save-Your-Life Plan that Lowers Cholesterol and Burns Away the Pounds by by Rip Esselstyn

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