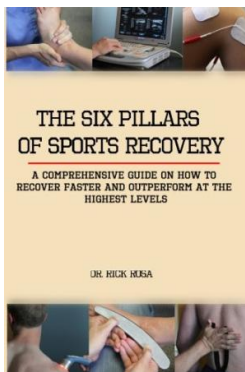


## The Six Pillars of Sports Recovery: A Comprehensive Guide on How to Recover Faster and Outperform at the Highest Levels



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