

## **Entire Book Costs \$40**



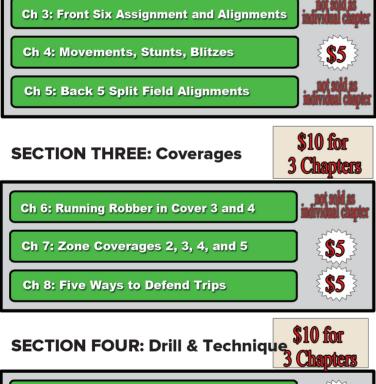
## **BUY INDIVIDUAL CHAPTERS OR SECTIONS LIKE WHAT YOU READ?**

Apply All Smaller Purchases Off Price of Total Book

**SECTION ONE: Philosophy** 



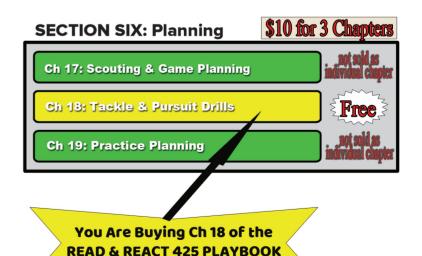






## **SECTION FIVE: Run Fits & Pass Defense**





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