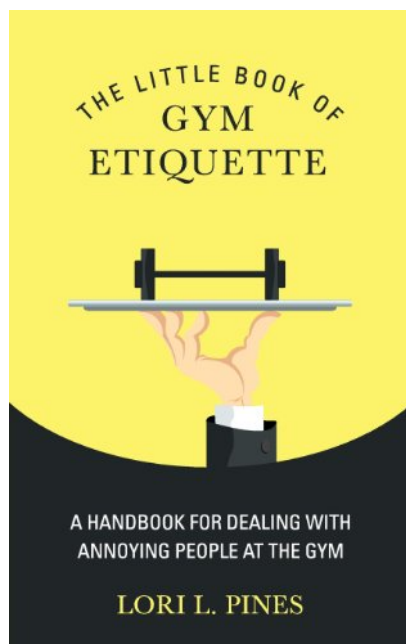


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PDF-ad50d | You set the alarm for 5:00 am, skipped breakfast and braved traffic to get to the gym, only to find your workout Zen crushed by space invaders, super-talkers and gym slobs. You know the type-you'll find them hogging the locker room bench, gabbing loudly on their cell phones, and leaving used tissues and sweaty towels everywhere. Author and New York City attorney Lori Pines loves her daily workout,... *The Little Book of Gym Etiquette: A Handbook for Dealing with Annoying People at the Gym*

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