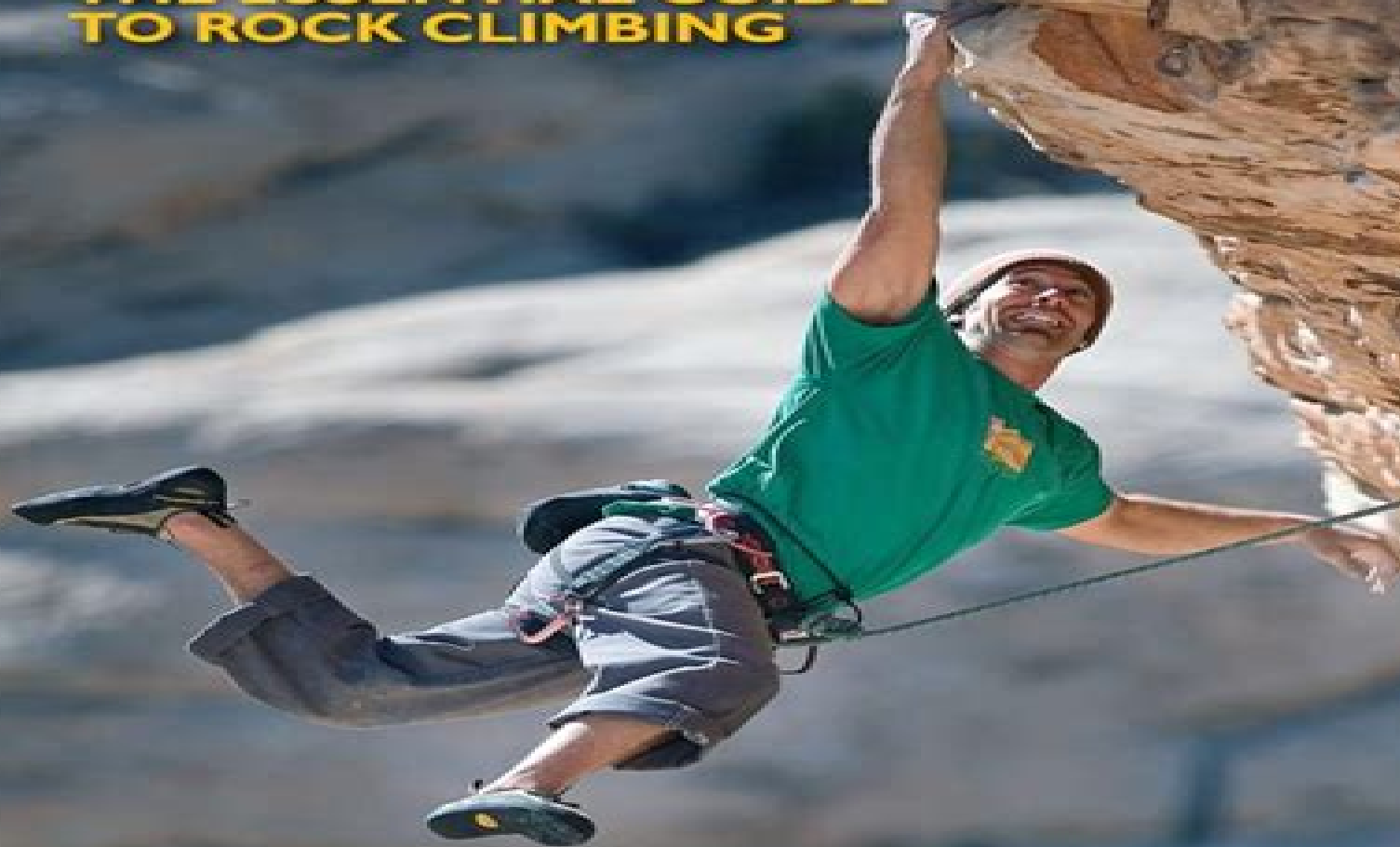


CLIMBING MANUAL

THE ESSENTIAL GUIDE
TO ROCK CLIMBING



NIGEL SHEPHERD

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