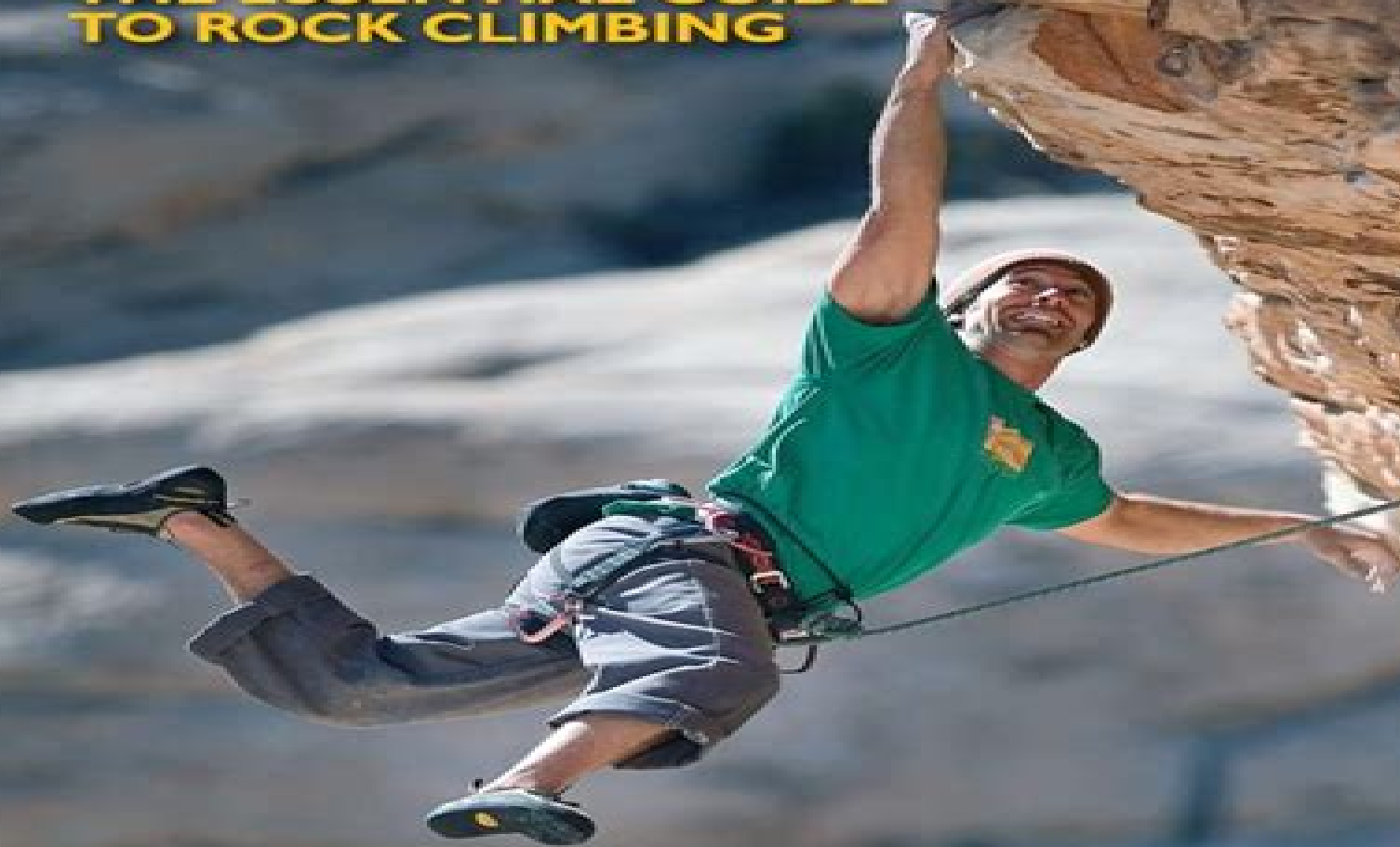


# CLIMBING MANUAL

THE ESSENTIAL GUIDE  
TO ROCK CLIMBING



**NIGEL SHEPHERD**

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# Rock Climbing Manual Beginners

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