

STEVEN J. BARRER, MD

EXERCISE— WILL HURT YOU

A photograph of a person's arm from the elbow down, encased in a white medical cast. The hand is visible at the top right, with fingers slightly curled. The cast has some grey fabric padding at the wrist.

*Concussion, Traumatic Brain Injury,
and How the Dangers of Sports
and Exercise Can Affect Your Health*

Exercise Will Hurt You

R Sanford



Exercise Will Hurt You:

Immerse yourself in heartwarming tales of love and emotion with is touching creation, **Exercise Will Hurt You** . This emotionally charged ebook, available for download in a PDF format (*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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