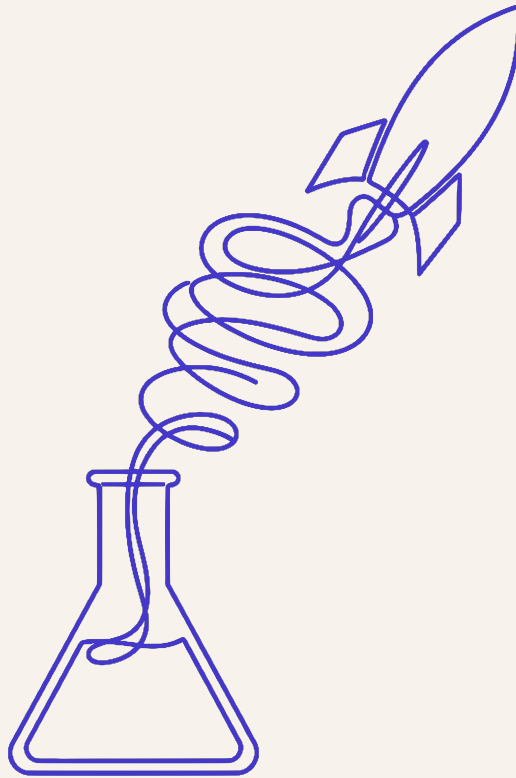


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# The Experimental Founder

N=1 protocols for cognitive and physical performance



**Len P. van der Hof**

Systems for the Strategic Self