

# How To Get In Shape For Sports By Stanley L. Englebardt

**By Stanley L. Englebardt**

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A Westport resident for more than 55 years, Englebardt authored more than 800 magazine articles, many for Reader s Digest but others for The New York Times, Family

Stanley L. Englebardt is a published author of children's books. Published credits of Stanley L. Englebardt include Miracle Chip: The Microelectronic Revolution, How

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