

# **The Hardness Factor: How To Achieve Your Best Health And Sexual Fitness At Any Age [Abridged] [Audible Audio Edition] By Steven Lamm**

**By Steven Lamm**

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<http://www.hardnesstesters.com/Applications/index.aspx>

Hardness is a measure of how resistant solid matter is to various kinds of permanent shape change when a compressive force is applied. Some materials, such as metal <http://en.wikipedia.org/wiki/Hardness>

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