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Mallett**

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Jef Mallett is a man of three minds. Jef is a cartoonist, author, and triathlete, which really adds up to five minds, when you think about it.

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Jun 29, 2010 Jef Mallett, the creator of the A well-drawn fitness plan "Trizophrenia: Inside the Minds of a Triathlete." In the book's foreword,

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## **Jef mallett**

Jef Mallett is author, illustrator and creator of the comic strip "Frazz" and the triathlon lifestyle book "Trizophrenia: Inside the Minds of a Triathlete."

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Frazz, Trizophrenia: Inside the Minds of a Triathlete: Awards: full list: Jef Mallett (born 1962) is the creator and artist of the nationally syndicated comic strip

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Trizophrenia, by nationally syndicated cartoonist and veteran triathlete Jef Mallett, offers up a lighthearted exploration of the triathlon lifestyle.

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