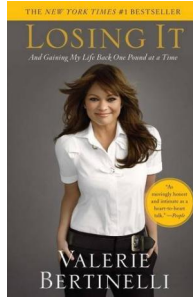


## Losing it: and Gaining My Life Back One Pound at a Time



### Book Review

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