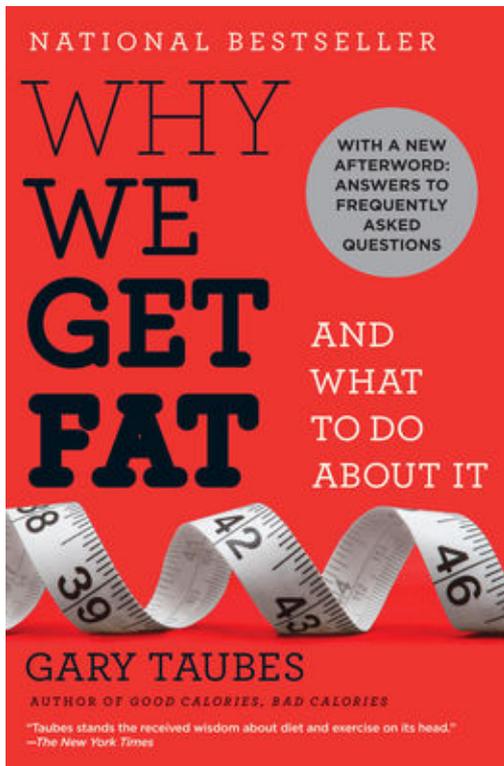


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Complete with an easy-to-follow diet. Featuring a new afterword with answers to frequently asked questions.

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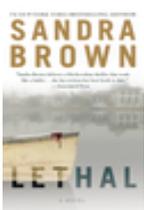


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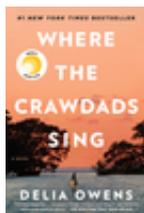


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