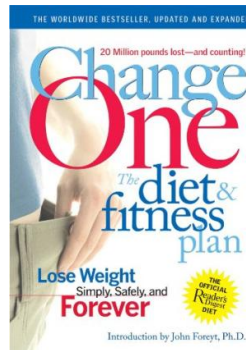


## Change One: The Diet and Fitness Plan: Lose Weight Simply, Safely, and Forever



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### Book Review

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