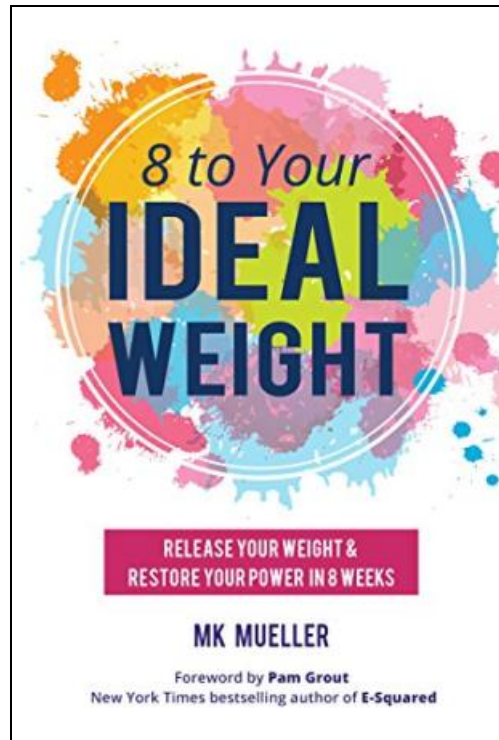# 8 to Your Ideal Weight: Release Your Weight Restore Your Power in 8 Weeks (Paperback)

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