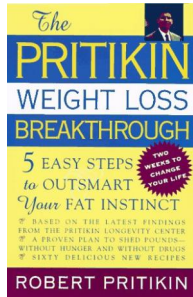


## The Pritikin Weight Loss Breakthrough: Five Easy Steps to Outsmart Your Fat Instinct



### Book Review

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(Dr. Nikolas Mayer)

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