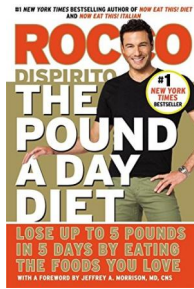


## The Pound a Day Diet: Lose Up to 5 Pounds in 5 Days by Eating the Foods You Love



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### Book Review

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