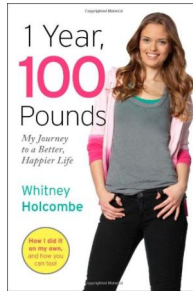


## 1 Year, 100 Pounds: My Journey to a Better, Happier Life



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### Book Review

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