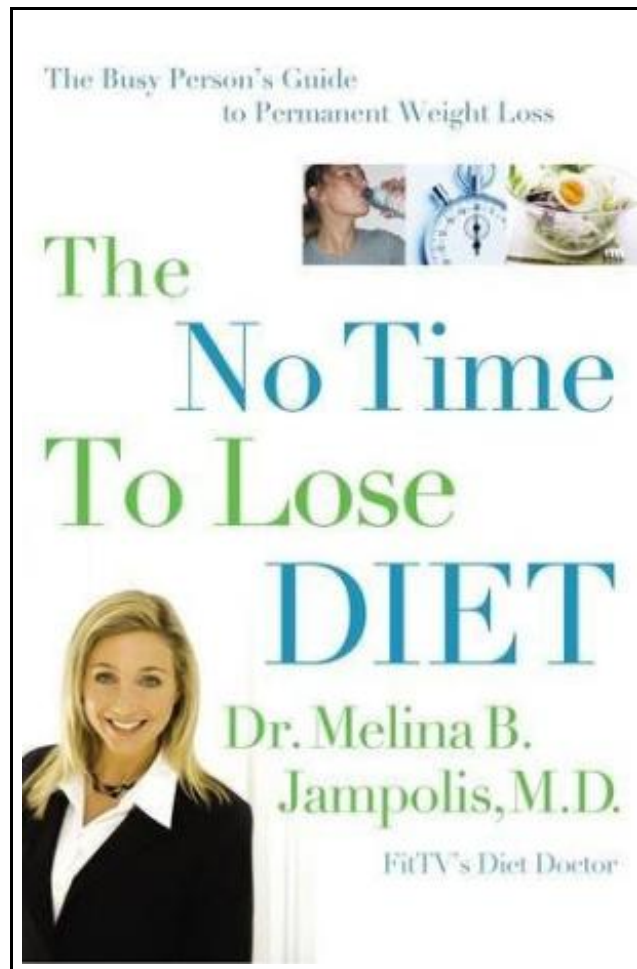# The No-Time-to-Lose Diet: The Busy Persons Guide to Permanent Weight Loss

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