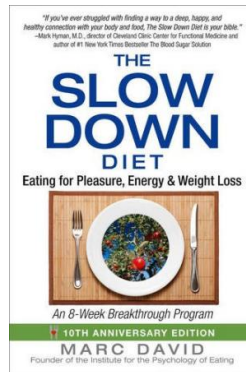


The Slow Down Diet: Eating for Pleasure, Energy, and Weight Loss (10th)



Book Review

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