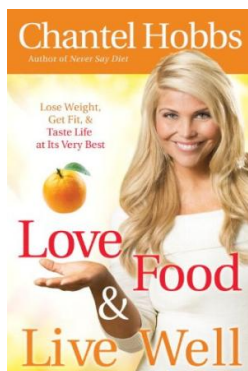


## Love Food and Live Well: Lose Weight, Get Fit, and Taste Life at Its Very Best



### Book Review

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