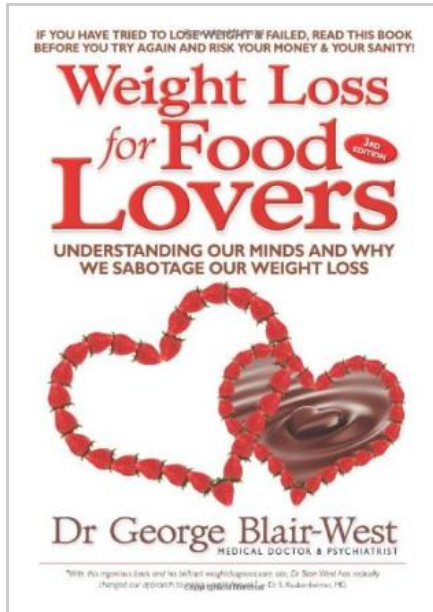




Weight Loss for Food Lovers: Understanding Our Minds and Why We Sabotage Our Weight Loss

By George Blair-West

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