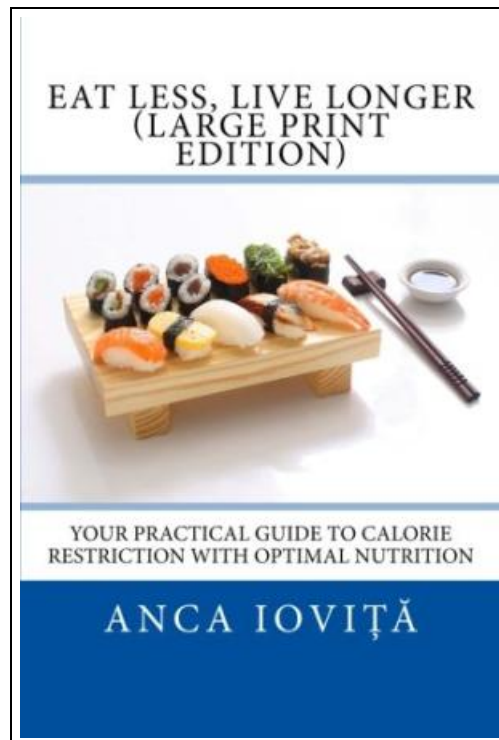


## Eat Less, Live Longer: Your Practical Guide to Calorie Restriction with Optimal Nutrition



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