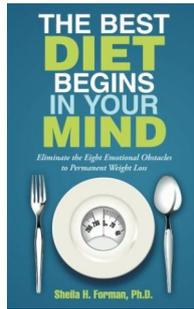


## The Best Diet Begins in Your Mind: Eliminate the Eight Emotional Obstacles to Permanent Weight Loss (Paperback)



### Book Review

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