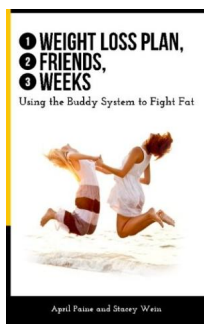


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## 1 WEIGHT LOSS PLAN, 2 FRIENDS, 3 WEEKS: USING THE BUDDY SYSTEM TO FIGHT FAT



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- Authored by April Paine, Stacey Wein
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