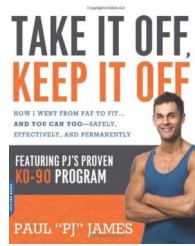


## Take It Off, Keep It Off: How I Went from Fat to Fit . . . and You Can Too--Safely, Effectively, and Permanently



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(Elnora Ruecker)

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