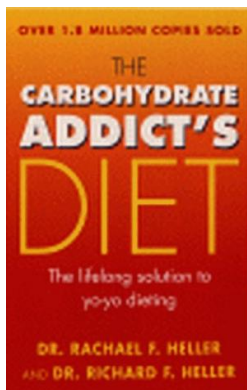


## The Carbohydrate Addict's Diet Book: the Lifelong Solution to Yo-yo Dieting



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