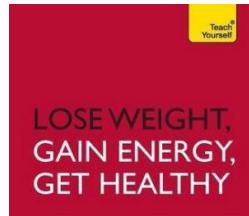


## Lose Weight, Gain Energy, Get Healthy: Teach Yourself



SARA KIRKHAM

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