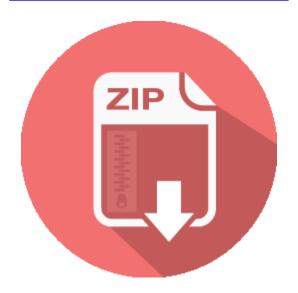
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If you want to lose weight and keep the weight off for good, you might want to consider a diet book. Of course, there are trendy apps, commercial weight loss programs, and online celebrity diets, but those can be expensive and hard to follow.

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