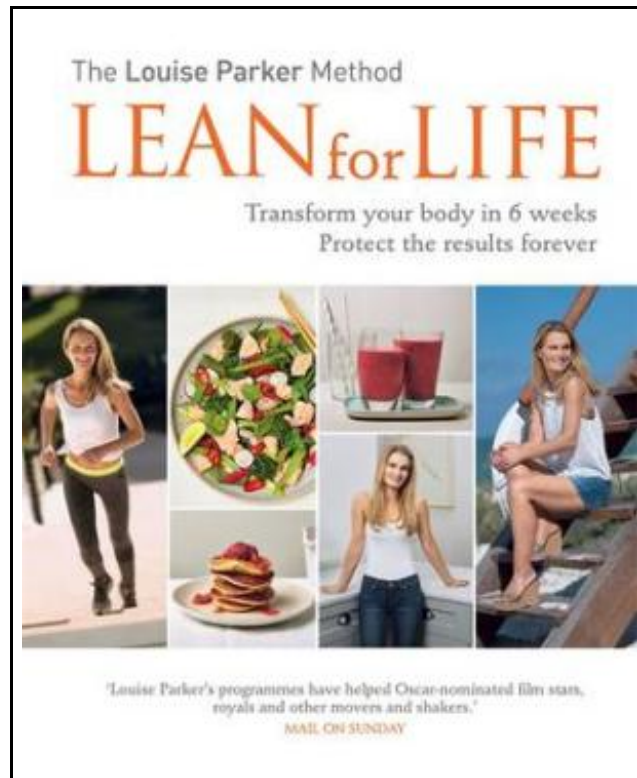


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THE LOUISE PARKER METHOD : LEAN FOR LIF



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