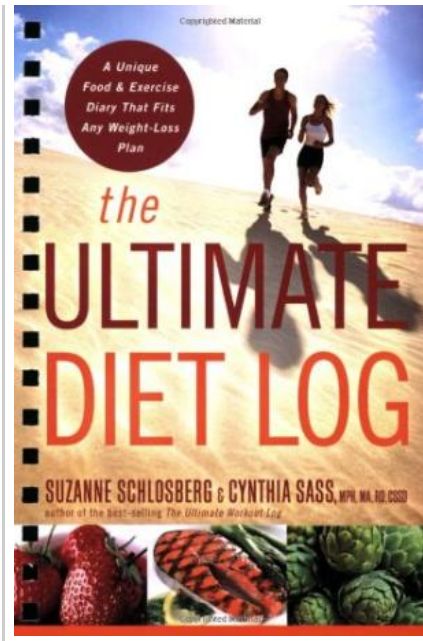


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## The Ultimate Diet Log: A Unique Food and Exercise Diary That Fits Any Weight-Loss Plan

By Suzanne Schlosberg, Cynthia Sass

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