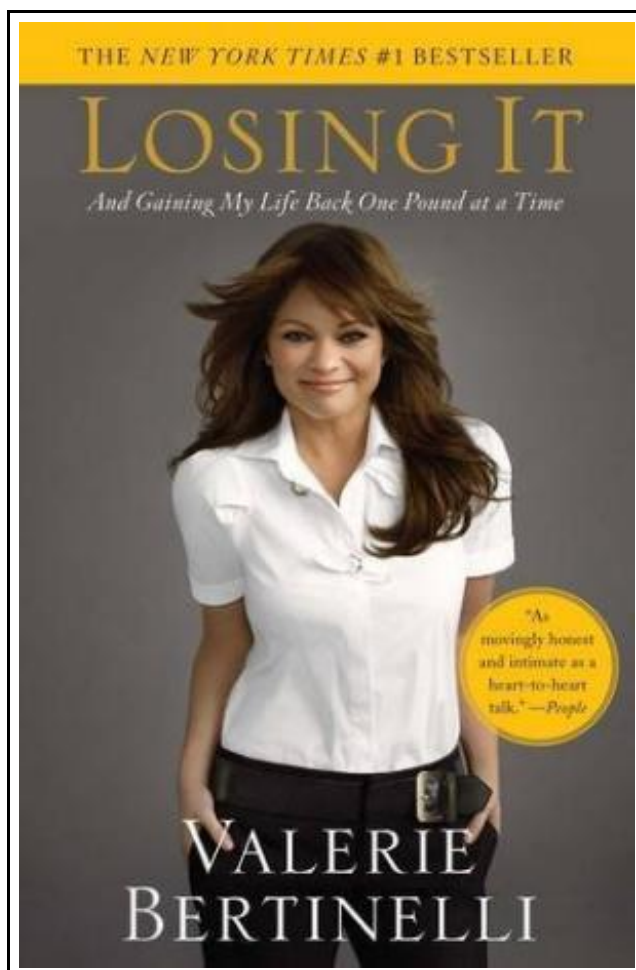


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LOSING IT: AND GAINING MY LIFE BACK ONE POUND AT A TIME

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