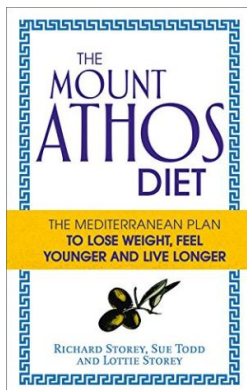


The Mount Athos Diet: The Mediterranean Plan to Lose Weight, Feel Younger and Live Longer



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