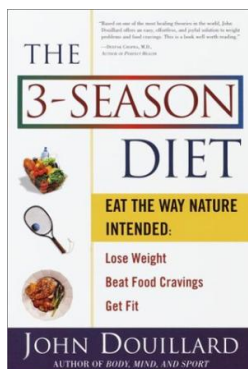


## The 3-Season Diet: Eat the Way Nature Intended to Lose Weight, Beat Food Cravings, Get Fit



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### Book Review

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