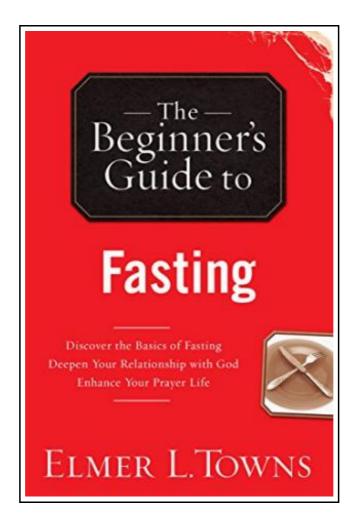
The Beginner's Guide to Fasting



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THE BEGINNER'S GUIDE TO FASTING



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