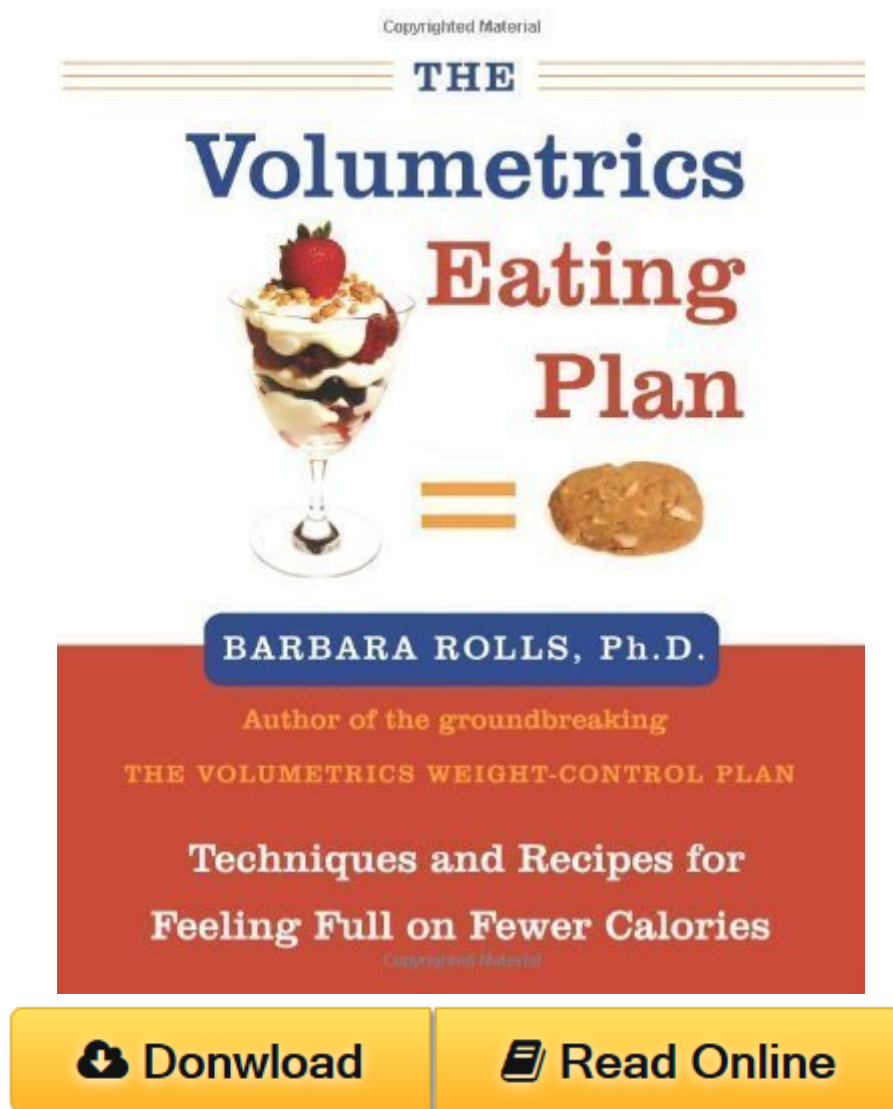


The Volumetrics Eating Plan: Techniques and Recipes for Feeling Full on Fewer Calories Reprint Edition by Rolls, Barbara [2007] PDF



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