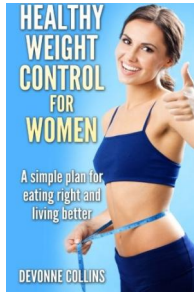


## Healthy Weight Control for Women: A Simple Plan for Eating Right and Living Better



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