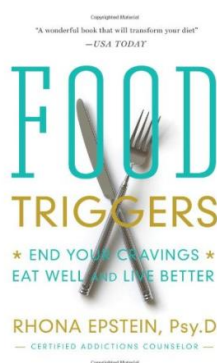


## Food Triggers: End Your Cravings, Eat Well and Live Better



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### Book Review

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