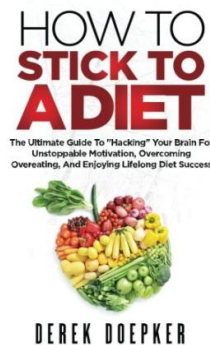


## How to Stick to a Diet: The Ultimate Guide to Hacking Your Brain for Unstoppable Motivation and Lifelong Diet Success



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### Book Review

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(Prof. Uriel Watsica III)

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