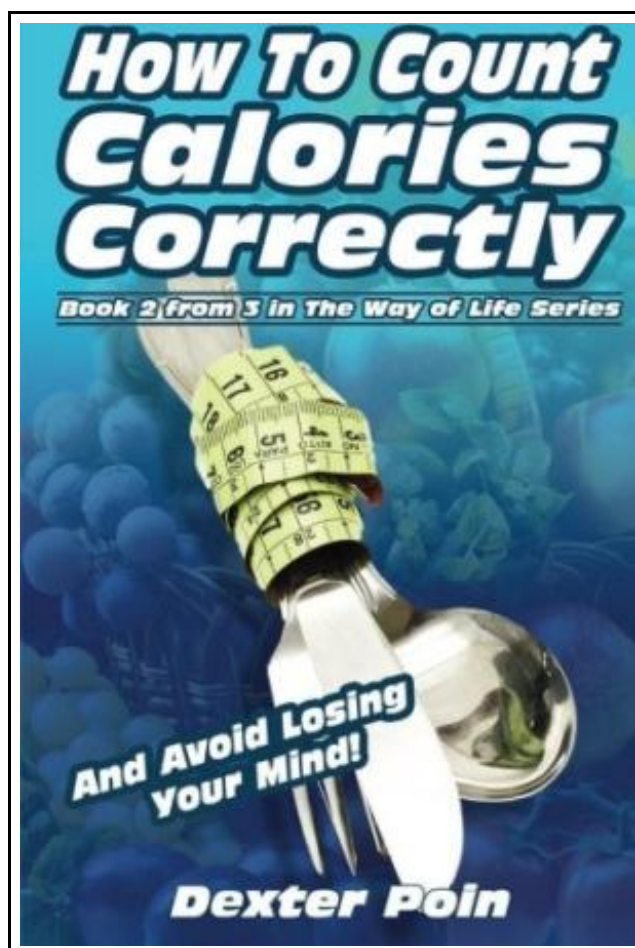


## How to Count Calories Correctly: And Avoid Losing Your Mind



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