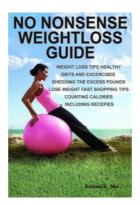
# No Nonsense Weight Loss Guide: Weight Loss Tips Healthy Diets and Exercises Shedding the Excess Pounds Lose Weight Fast Shopping Tips Counting Calories Including Recepies





#### **Book Review**

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(Dr. Sophie Rosenbaum MD)

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