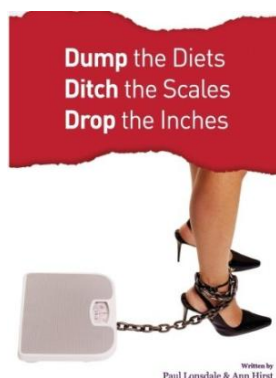


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DUMP THE DIETS, DITCH THE SCALES, DROP THE INCHES



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- Authored by MR Paul Lonsdale, Mrs Ann Hirst
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