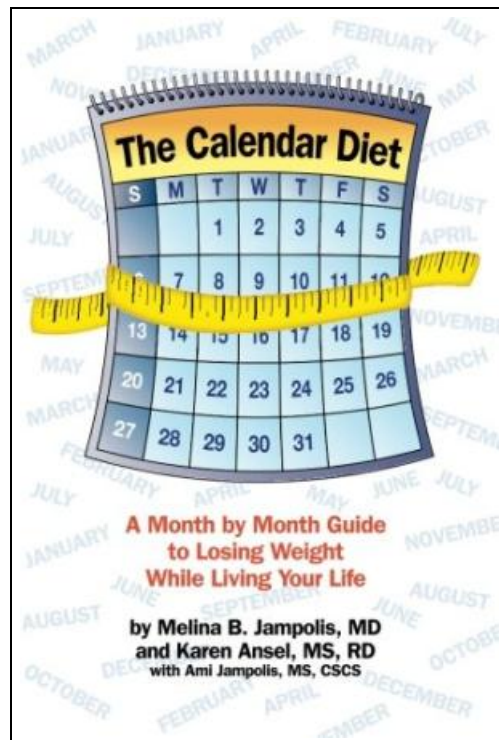


## The Calendar Diet: A Month by Month Guide to Losing Weight While Living Your Life



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