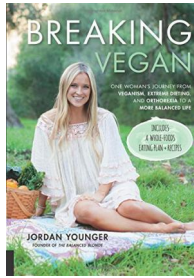


## Breaking Vegan: One Woman's Journey from Veganism, Extreme Dieting, and Orthorexia to a More Balanced Life



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