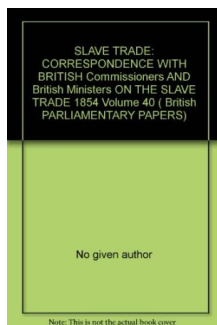


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# THE FAST DIET: THE SECRET OF INTERMITTENT FASTING - LOSE WEIGHT, STAY HEALTHY, LIVE LONGER



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- Authored by Mimi Spencer, Michael Mosley
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