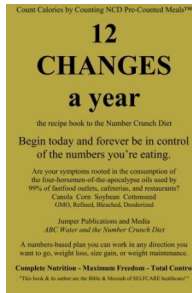


## 12 Changes a Year: The Recipe Book to the Number Crunch Diet - Begin Today and Forever Be in Control of the Numbers You re Eating



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