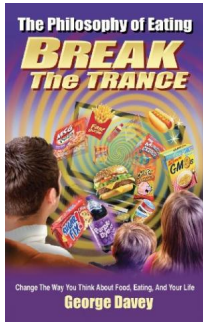


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Corn Publishing. Hardcover. Condition: New. 332 pages. Dimensions: 9.0in. x 6.0in. x 0.8in. A deluxe-hardback case laminate textbook-style book in full color with 49 illustrations. It is ideal for libraries, schools, and collectors. Eating is something you do a few times each day, so there is no way to avoid it. You must be able to think about eating in a way that is beneficial. Cutout diets and gimmicks don't do this. Only a journey into the depths of the philosophy..

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- Authored by George Davey
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