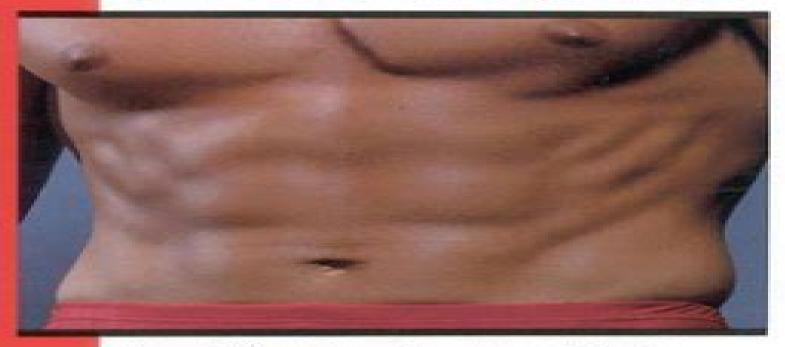
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DAYS TO A INCH WAIST

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by Ellington Darden, Ph.D. author of The Nautilus Diet

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