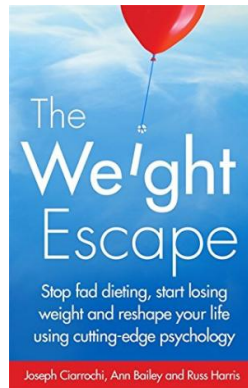


## The Weight Escape: Stop Fad Dieting, Start Losing Weight and Reshape Your Life Using Cutting-Edge Psychology



### Book Review

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