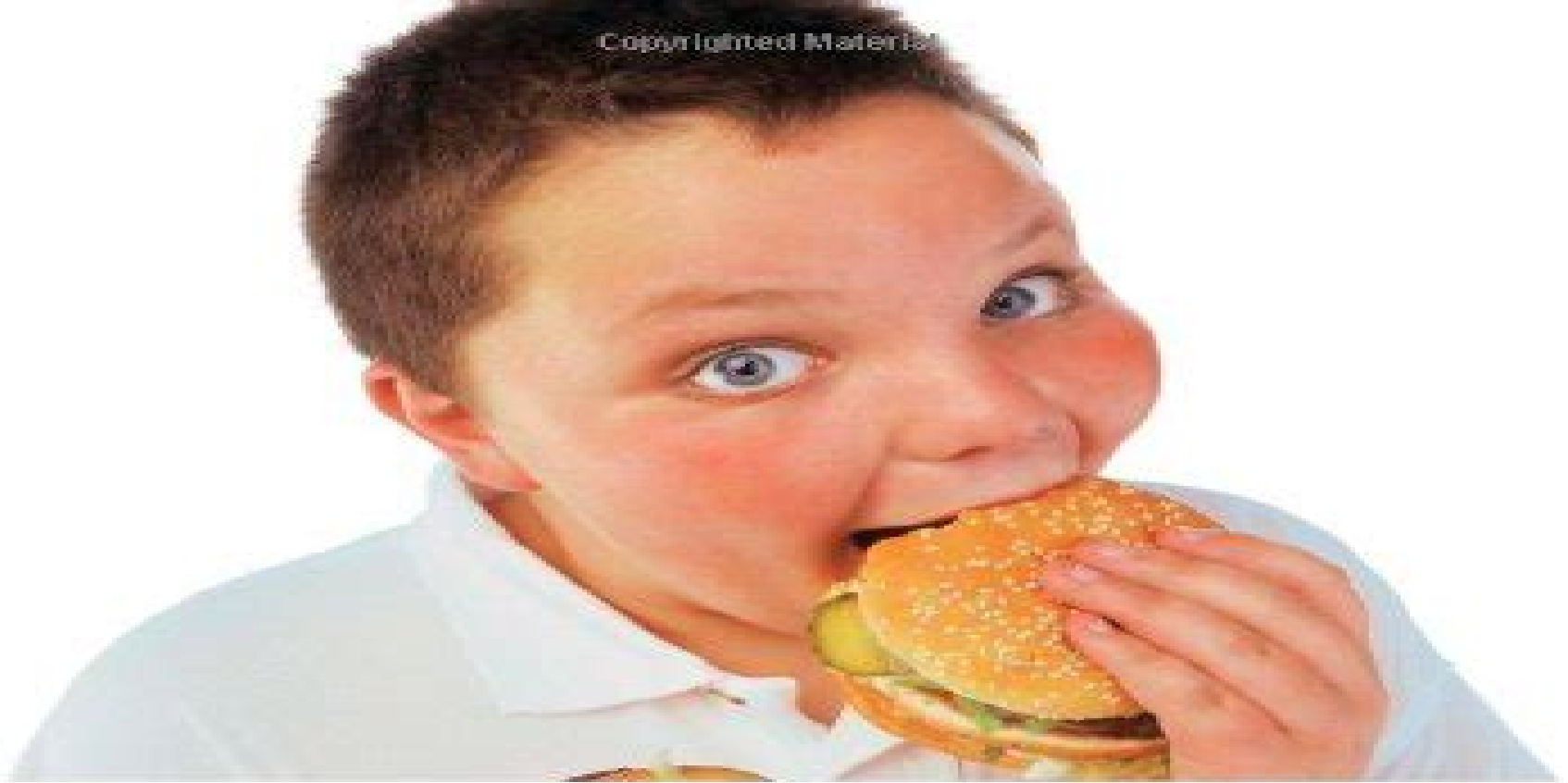




LIVING A HAPPY HEALTHIER LIFE THE LOWFAT WAY

JOHN FITZGERALD



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