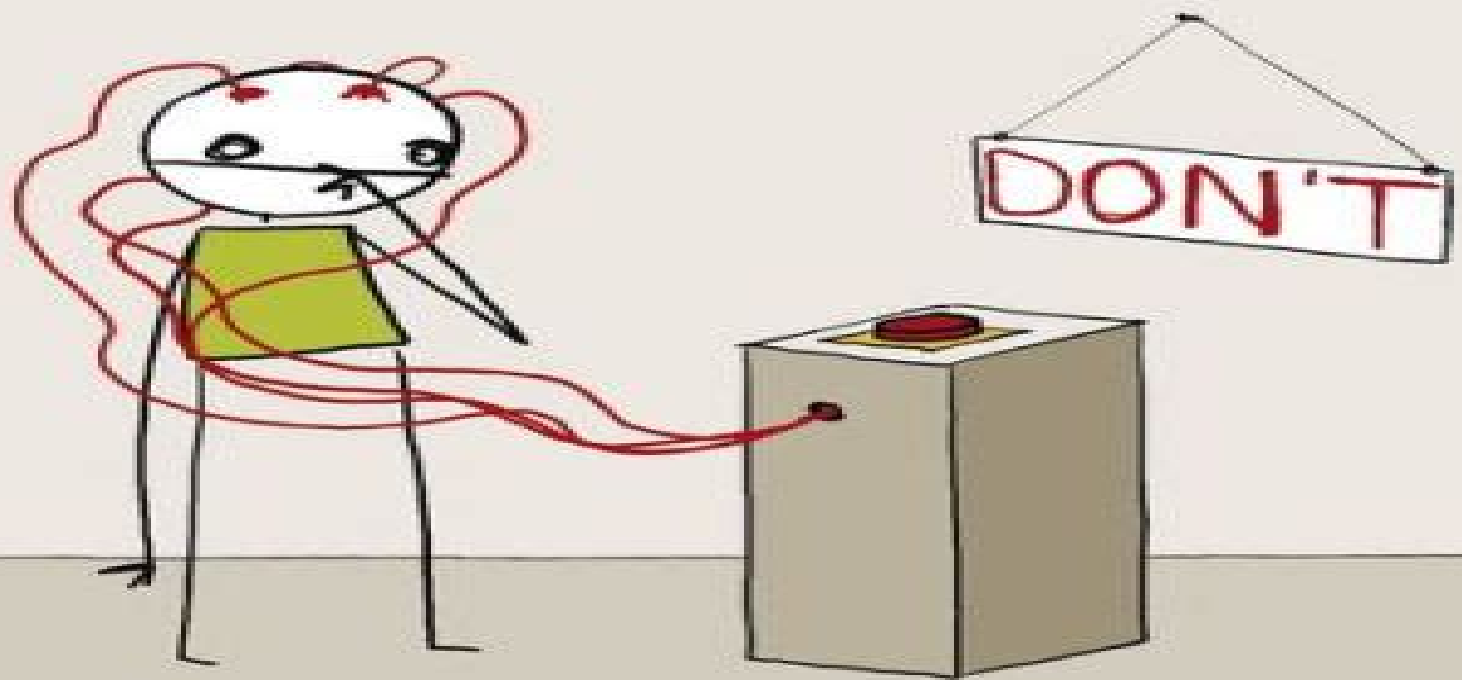


THE SELF-DESTRUCTION HANDBOOK—

8 simple steps to an unhealthier you



ADAM WASSON and JESSICA STAMEN

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