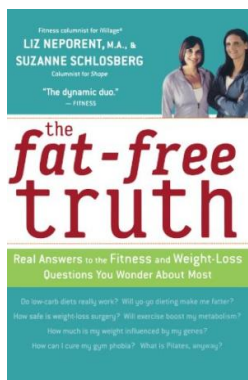


## The Fat-Free Truth: 239 Real Answers to the Fitness and Weight-Loss Questions You Wonder about Most



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