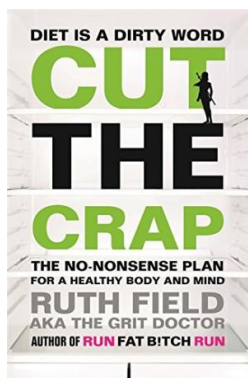


Cut the Crap: The No-Nonsense Plan for a Healthy Body and Mind



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