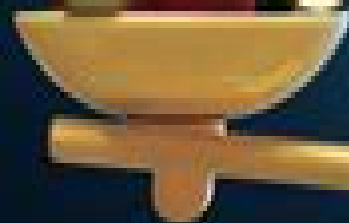


EFFECTIVE STRATEGIES FOR

WEIGHT MANAGEMENT

A COMPREHENSIVE GUIDE



Effective Weight Manager

Julia Schneider



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