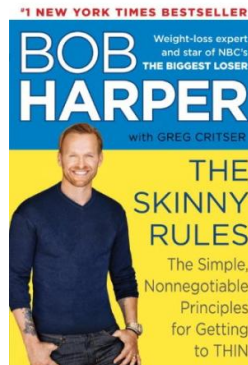


## The Skinny Rules: The Simple, Nonnegotiable Principles for Getting to Thin



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