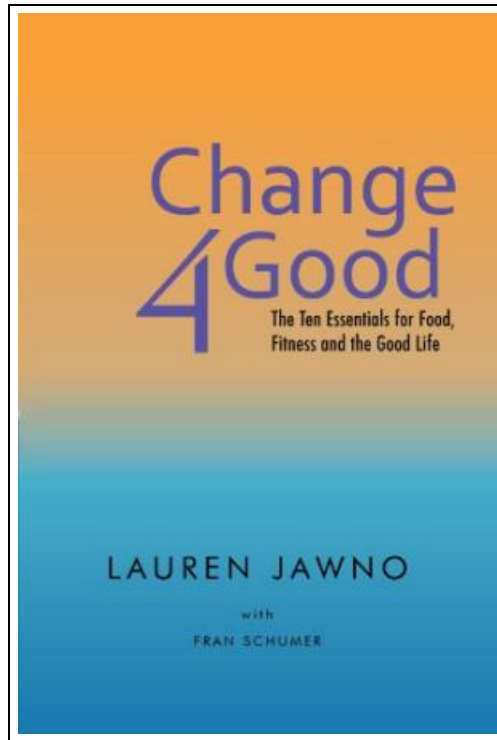


## Change4good: The Ten Essentials for Food, Fitness and the Good Life



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