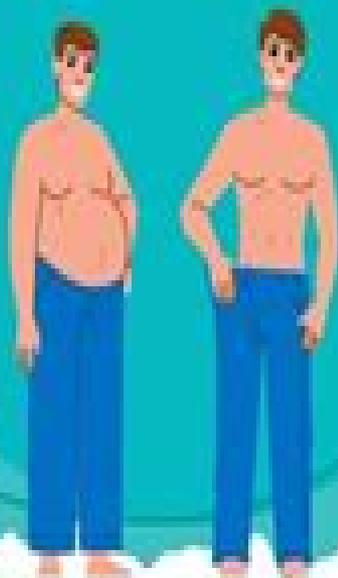


UNDERSTANDING WEIGHT LOSS: SCIENCE AND STRATEGIES



Understanding Weight Loss Programs

Rosina Ehmman



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