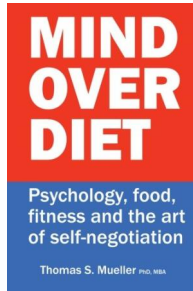


## Mind Over Diet: Psychology, Food, Fitness and the Art of Self-Negotiation



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