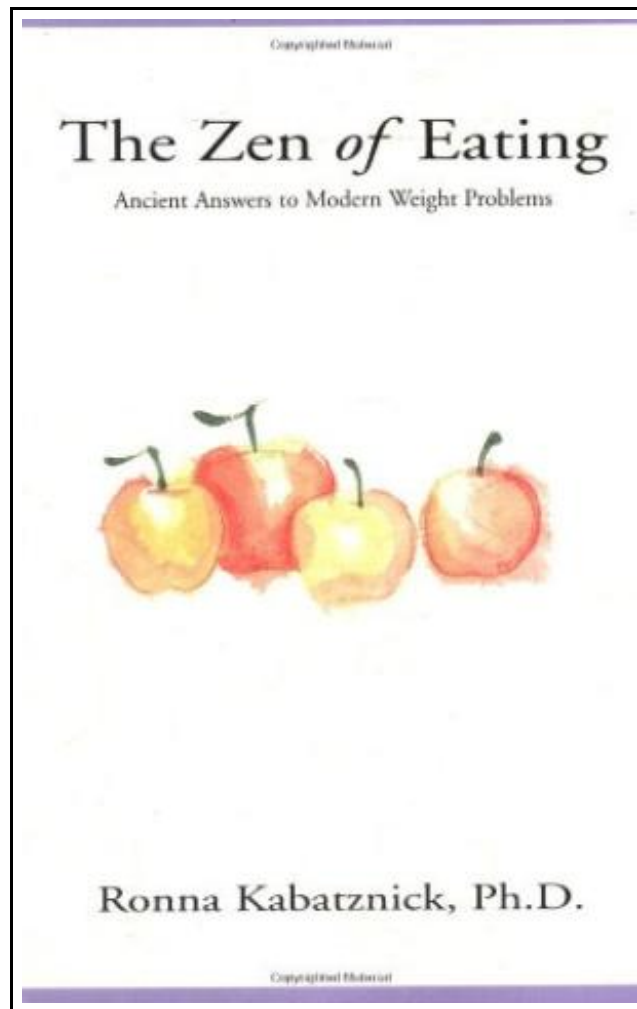


The Zen of Eating: Ancient Answers to Modern Weight Problems



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