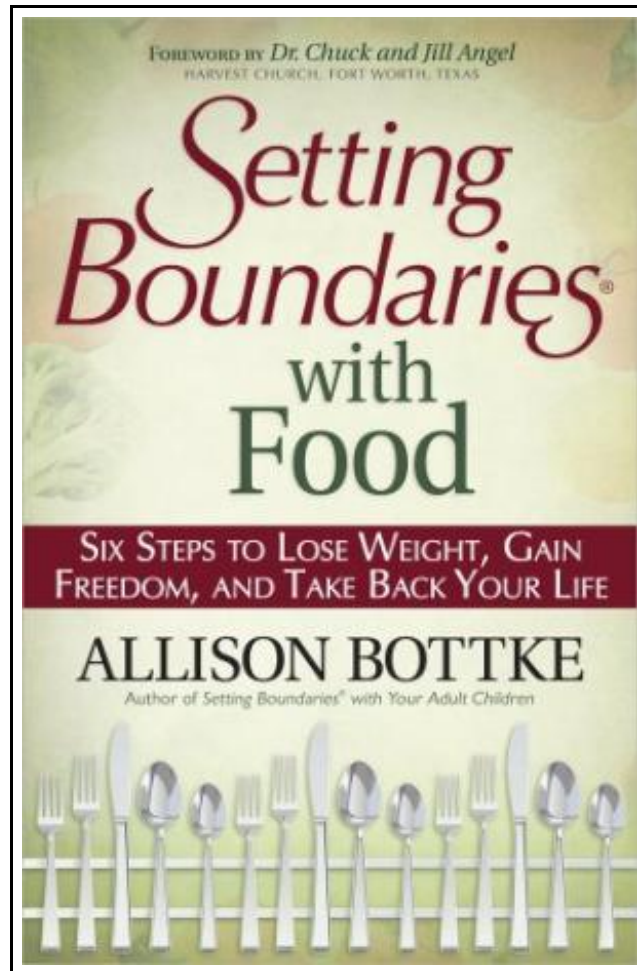


## Setting Boundaries with Food Six Steps to Lose Weight, Gain Freedom, and Take Back Your Life



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