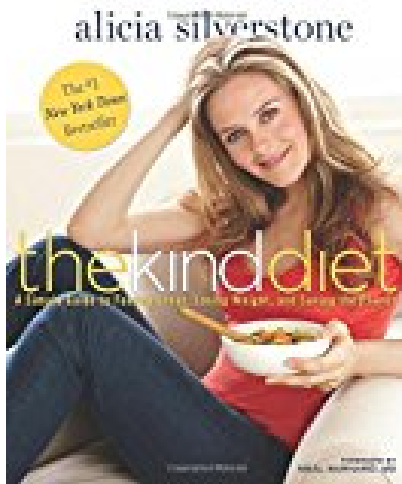


# The Kind Diet A Simple Guide to Feeling Great Losing Weight and Saving the Planet

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