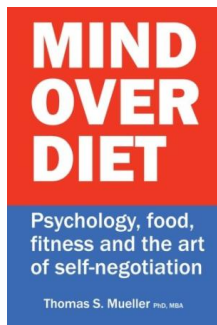


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MIND OVER DIET: PSYCHOLOGY, FOOD, FITNESS AND THE ART OF SELF-NEGOTIATION



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