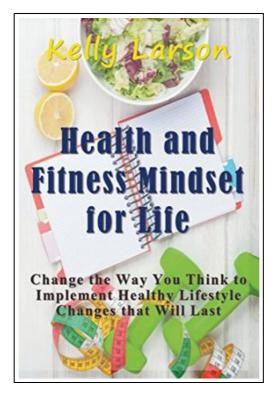
## Health and Fitness Mindset for Life: Change the Way You Think to Implement Healthy Lifestyle Changes That Will Last



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