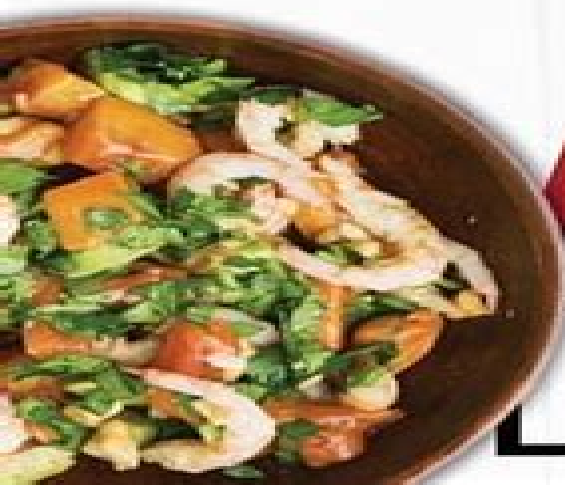


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# Atkins Diet The Beginners Guide To An Effective Atkins Diet

**Julia Schneider**



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