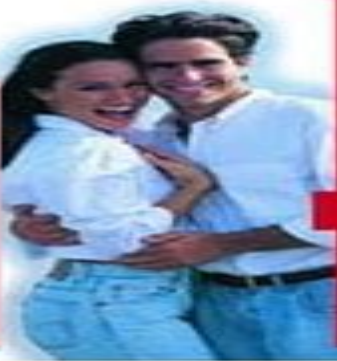


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**The Dieter's Guide to
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A photograph of a man and a woman in white shirts and light blue jeans, smiling and embracing each other. The image is positioned between the words 'ANTI' and 'FAT' in the title.

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