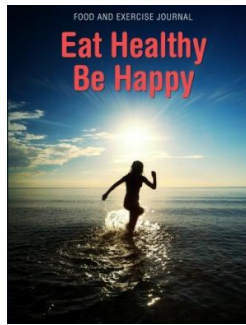


## Food and Exercise Journal: Eat Healthy Be Happy



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### Book Review

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**(Justus Hettinger)**

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