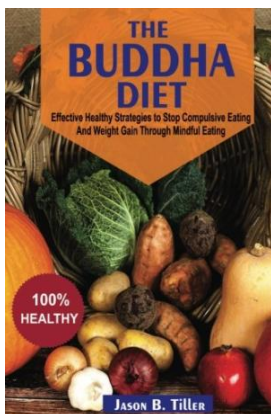


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THE BUDDHA DIET: EFFECTIVE HEALTHY STRATEGIES TO STOP COMPULSIVE EATING AND WEIGHT GAIN THROUGH MINDFUL EATING



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