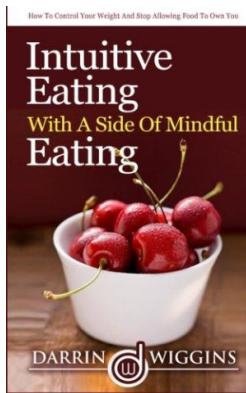


Intuitive Eating with a Side of Mindful Eating: How to Control Your Weight and Stop Allowing Food to Control You



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