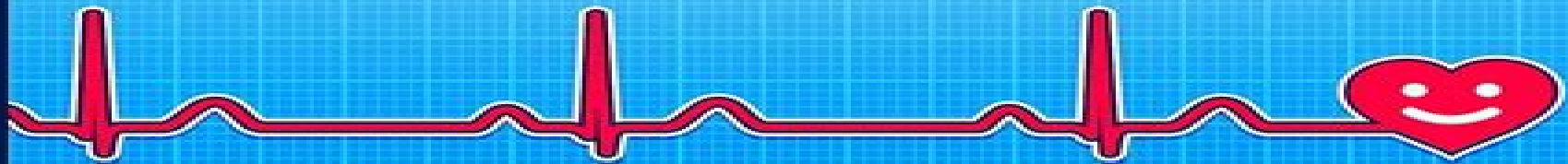


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# The Hungry And Lazy Guide To Diet And Exercise

**Chao Zhang**



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