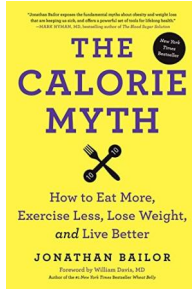


## The Calorie Myth: How to Eat More, Exercise Less, Lose Weight, and Live Better



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