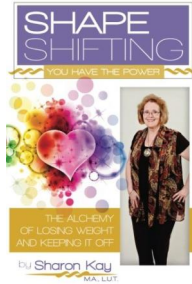


## Shape Shifting: The Alchemy of Losing Weight and Keeping It Off



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