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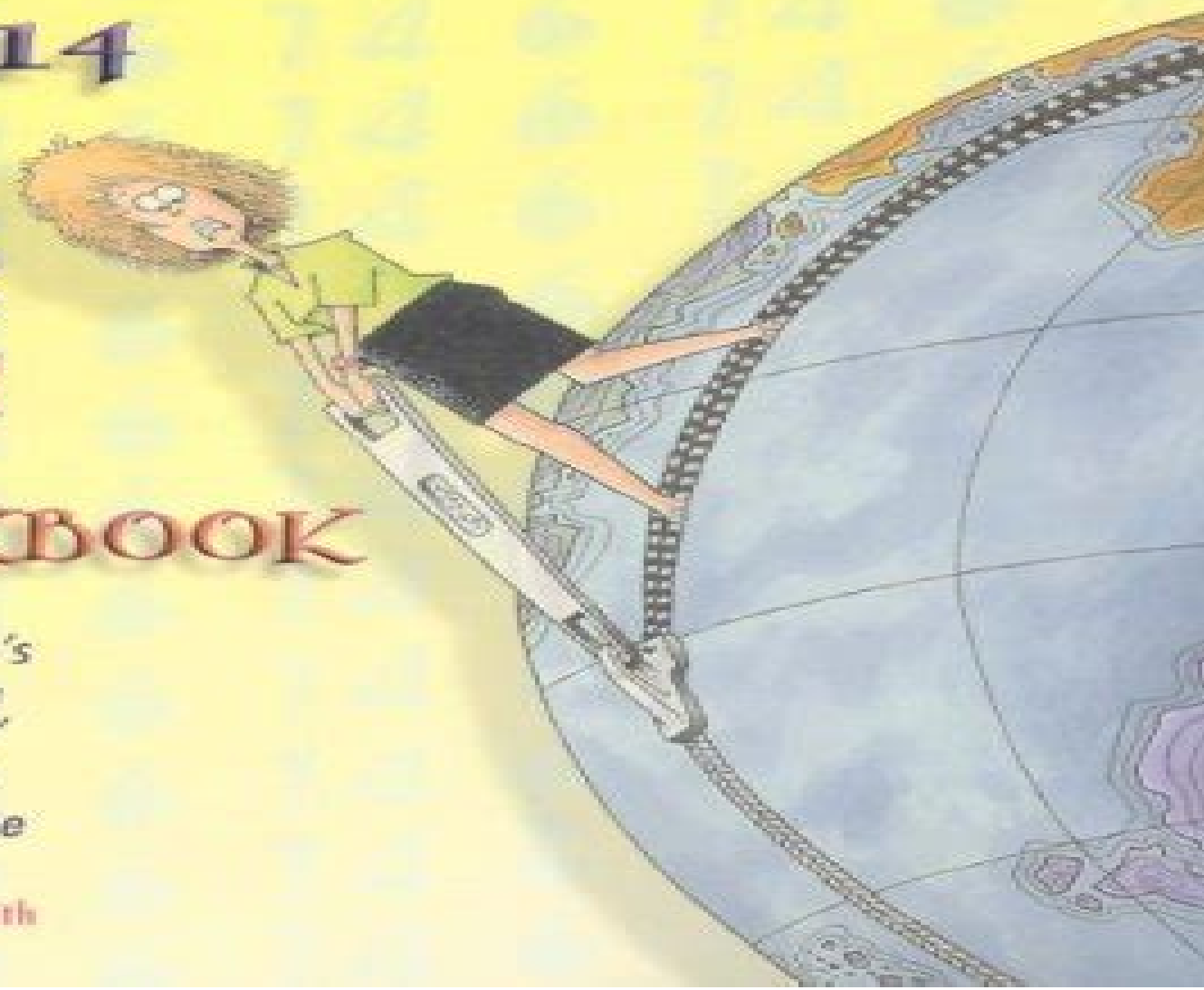
into a

Size 6
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WORKBOOK

*A Real Woman's
Guide to Food,
Fitness, and
Self-Acceptance*

BY Carrie Myers Smith



Squeezing Your Size 14 Self Into A Size 6 World Companion And Journal

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