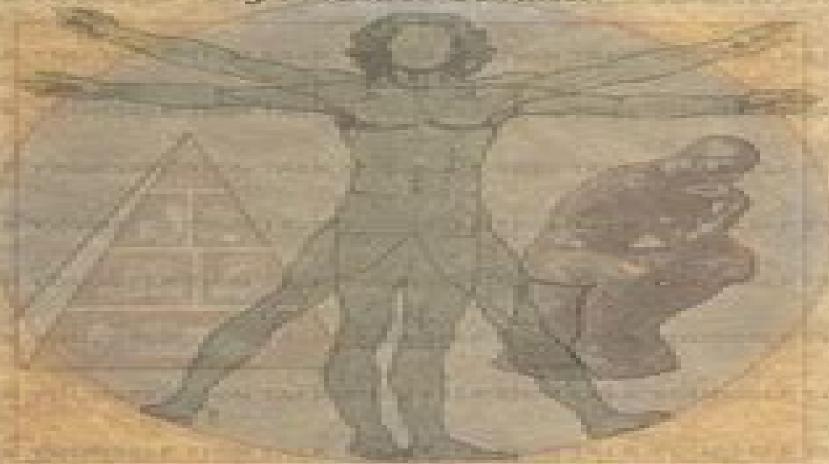


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# **Talk Yourself Thin Handbook**

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