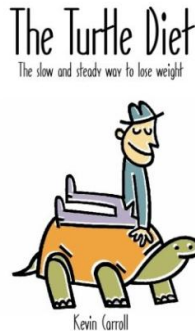


## The Turtle Diet: The Slow and Steady Way to Lose Weight



### Book Review

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**(Eddie Schuppe)**

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