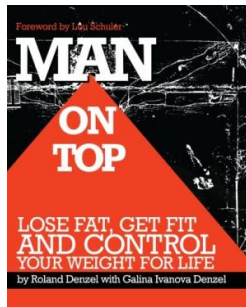


## Man on Top: Lose Fat, Get Fit, and Control Your Weight for Life



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### Book Review

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