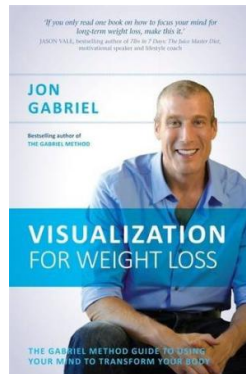


## Visualization for Weight Loss: The Gabriel Method Guide to Using Your Mind to Transform Your Body



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