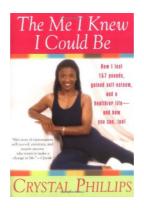
# The Me I Knew I Could Be: How I Lost 157 Pounds, Gained Self-Esteem, and a Healthier Life and How You Can, Too!





#### **Book Review**

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