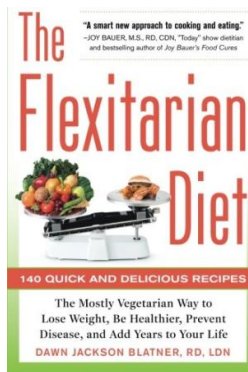


## The Flexitarian Diet: The Mostly Vegetarian Way to Lose Weight, be Healthier, Prevent Disease, and Add Years to Your Life



### Book Review

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