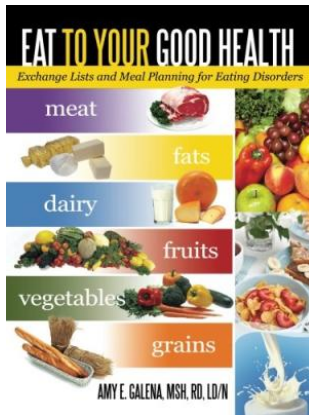


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EAT TO YOUR GOOD HEALTH: EXCHANGE LISTS AND MEAL PLANNING FOR EATING DISORDERS



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