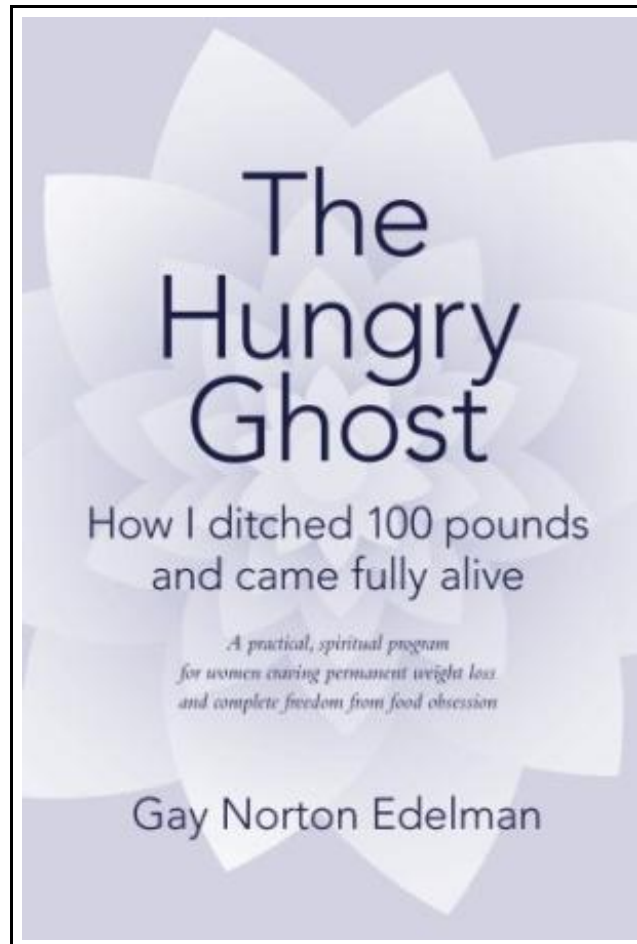


## The Hungry Ghost: How I Ditched 100 Pounds and Came Fully Alive



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*(Ally Reichel)*

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