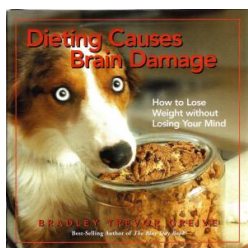


## Dieting Causes Brain Damage: How to Lose Weight without Losing Your Mind



### Book Review

It is one of my personal favorite books. It is written in easy terms and never hard to understand. It has been designed in an exceedingly easy way and it is only after I finished reading this publication by which in fact changed me, change the way I think.

**(Lucinda Stiedemann)**

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