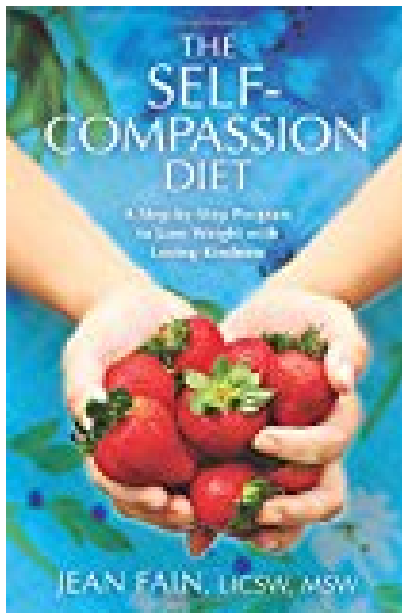


# The Self-Compassion Diet A Step-by-Step Program to Lose Weight with Loving-Kindness

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## BOOK DETAILS

- Author : Jean Fain
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## BOOK SYNOPSIS

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