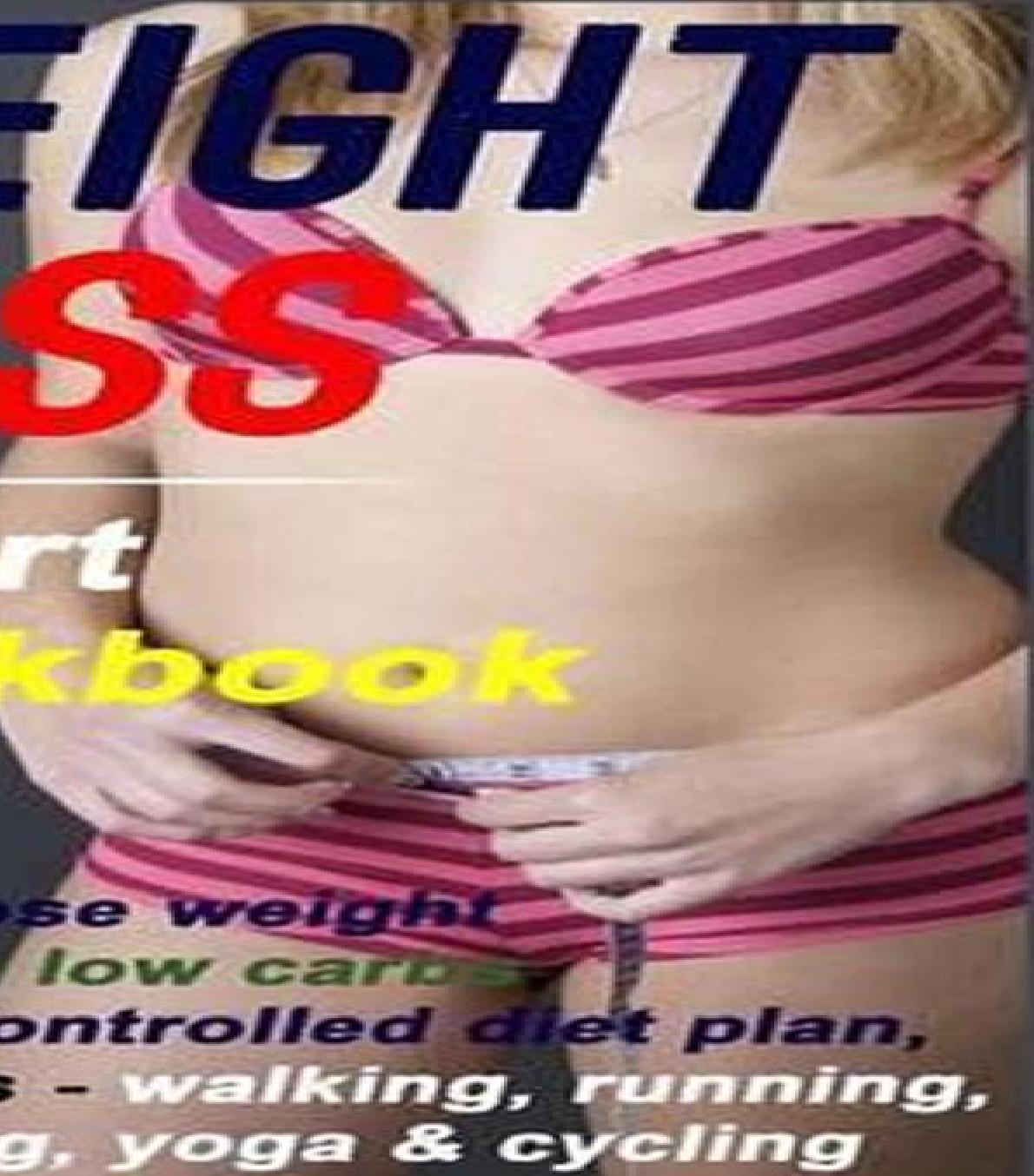


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clever advertising and packaging to stalk their prey People are consumers targeted with product What you buy is often not food but image On all sides you're urged eat drink and eat and drink some more But in this mixed up millennial world the art is to look as if you barely eat and drink at all The less you look like a consumer the more you'll be admired Food is fuel and fantasy desire and dread It can decide our shape and sometimes shapes our lives We dream of the perfect shape and sometimes we achieve it Then often as not we lose it Change is inevitable And weight loss too in the end The Miracle Diet delights as well as provokes Though not all the messages are palatable the wit is tangy Buy this book as part of a calorie controlled diet and you'll shed those pounds in no time **Prevention's Health Guaranteed Cookbook** David

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