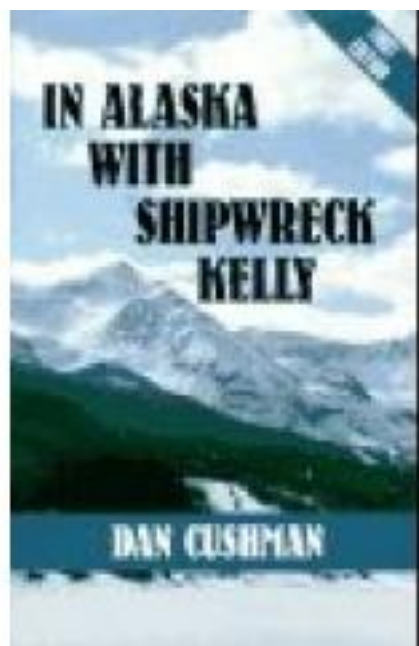


In Alaska With Shipwreck Kelly: Five Star Westerns Five Star First Edition Western Series



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--How to stay fat--keep counting calories

--How to know your case history

--The outward, visible signs--as with no other diet--that you re burning off fat

--How to feel high, stay at your best, and avoid pitfalls and problems

--Meal plans, menus, and recipes

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