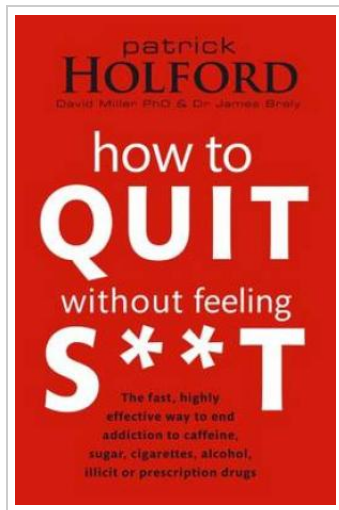



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How to Quit without Feeling S**t

By Patrick Holford, James Braly, David Miller,

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