

Ultimate Weightloss 10

Jay McGraw

How to Lose 10 Pounds in a Week Emma Green,2018-02-25 Lose 10 pounds in a week? How on earth is that even possible!? Very easily, would be my answer, you just need to know how... Hi, I'm Emma Green, author of How I lost 100 pounds! Actually, I did this over a 2-year period, and trust me, I've tried and tested many methods of weight loss. Too many to name. Finally, and thankfully, I came to the realization that there are some very simple (but very profound) methods for losing weight. Ones which don't require fat pills, strenuous exercise regimes, or tortures diets and the like. I would like to invite anyone who wants to lose weight and get back their lives to read this specially-prepared title. I've made it just for you. So, if you're interested in a life without high blood pressure, hypertension, heart disease, diabetes, and other issues that might plague you from being overweight, my methods are easy and really do work. I am a living testament to this. Inside you will find out: The number one reason it's so hard to lose weight, and to easily correct this problem pretty-much instantly!A seven-day program tailored to lose 10 pounds in a week. Are you ready to shed the pounds?Some weight loss myths and BS the main stream media want you to believe.The importance of certain diets and foods, including recipes for each diet style.Some incredible secret herbs and superfoods that will melt the weight right off you! And much, much, much more! So what are you waiting for? Regain your life now and grab your copy today, I absolutely know you won't regret it! In fact, I'm banking on it!

The 10 Ultimate Easy Ways to Lose Weight Linda Knappett,2016-11-03 When you're young, your metabolic rate is fast. As you age, it slows down. No surprise there. In a race between mud and my metabolism, mud would win. My weight loss journey took me almost two years to lose 60 pounds and will continue for the rest of my life. I knew that it wasn't a race for speed. I knew that I had better make it comfortable and enjoyable because here's the kicker. I have NO willpower. None at all. I love food. I love eating. I love the colors of food and I adore the texture of foods. The reason I specifically did not want to lose weight any more quickly will resonate with those of you who are somewhat older than younger. I didn't want loose skin. I didn't want flabby batwings. I definitely did not want jiggly thighs. Does any of that sound familiar? If you want to lose weight at a sensible pace and improve your health with easy original strategies, then this is the book for you. Fast, fun, food. True food is the answer you've been looking for your entire life. With humour and a pull-no-punches direct honesty, author Linda Knappett offers ten winning strategies for losing weight and enjoying life.

The Secrets to Ultimate Weight Loss Chef AJ,Glen Merzer,2018-05-11 Plant-based diet expert Chef AJ provides you with not only tips and techniques to begin your weight-loss journey but also the secrets to tasty homemade dishes that will fill you up without adding on the pounds.

The Ultimate Exercise Nicholas Black,2015-07-10 What is The Ultimate Exercise all about? We have gathered up lots of really cool, reliable, and tested exercises, lined them out by days, which will allow anyone to use this book as an exercise journal. This will not only be a teach tool, and educational aide, but also valuable in recording which exercises you have performed as they strive to reach their personal fitness goals. Our main tool in this effort is an exercise we refer to as the Man-Maker. That along with a few other choice exercises you could do anywhere (gym or no gym), and good nutrition sensible nutrition. You are going to lose 10 pounds in the next 10 days if you follow our advice. It won't be easy, but it is certainly possible. So what's our goal with all of this...? Losing fat and building muscle, plain and simple. One concept that many people seem to have a problem with is the idea that in order to keep fat off of your body you need to put on muscle. While at first glance this may seem counterproductive - gaining weight in order to lose weight - it's all about metabolism. Metabolism can be summed up as all of the chemical reactions that take place within an organism. In terms of weight loss and fitness, metabolism basically means all of those calories that your body burns throughout the day. Your resting metabolic rate would be the amount of calories your body is burning when you are at rest - sleeping, napping, watching women's golf, etc. Our goal is to add lean tissue and in turn elevate our resting metabolic rate. Muscle creates metabolism. So how do we do that? As we add lean muscle to our bodies that muscle will require extra calories to survive. Imagine adding a bunch of plug-in space heaters into your apartment during the winter. As we keep adding heaters, the energy demands go up and our electric bill rises. More heaters generate more heat. Similarly, as we keep adding lean muscle, our body must use more calories to operate that new muscle. Now let's take it one step further and consider the future. As we are adding lean muscle over the coming weeks and months your body will burn more and more at-rest calories. Let's look at our analogy of adding the heaters inside of our house. There is a certain point where you have enough heaters going to keep you from getting cold, and then you can set all of the heaters to their lowest setting and they will still keep your house warm, no matter how cold it is outside. This is what we are trying to do. We want enough lean muscle on our bodies so that the fat we have lost can't come back. There is a tipping point when you are working out, where you have developed enough lean tissue (somewhere between 6 and 15 pounds) that the fat you have lost can't come back because you're burning so many calories throughout the day. Think of pounds of fat in terms of the calories they represent. A single (1) pound of fat is roughly 3500 cal. In general terms, a pound of lean muscle will add an additional 20 to 30 cal. per day to your metabolism. That means if I were to put on 10 pounds of lean muscle I would be burning an extra 200 to 300 cal. each and every day. A reasonable workout should burn between 500 and 1,000 calories in a given day (weight training plus cardio, CrossFit, extreme cardio, etc.). If you are working out 3 to 4 days a week - which you need to be - you are burning an extra 3000 to 4000 cal. per week. That would burn a pound of fat each week. Women have a hard time coming to terms that they are going to have to put on lean muscle. No one should be afraid of lean muscle; it doesn't take very much space. Ten (10) pounds of lean muscle is not much bigger than a cantaloupe - as far as how much space it takes up in your body (volume). Just 5 pounds of fat is roughly the size of an American football! Well... We're about to teach you how to do that in the following workouts. So grab your water bottle, get your towel, and prepare to wage war on fat. Let's get started!

The Drop 10 Diet Lucy Danziger,2012-03-20 These days, we're constantly bombarded with trendy, restrictive diets that instruct us to "Eat only this" or "Give up that"-diets that ultimately fail when you find that you can't sacrifice the foods you love. But now you can lose weight without deprivation: Lucy Danziger, editor in chief of SELF magazine, and her team of nutrition experts have created the ultimate flexible plan for melting off ten, twenty, or more pounds at any age-you can see results in as little as a week! By eating more of thirty superfoods-everyday favorites like eggs, yogurt, steak, Parmesan, cherries, kiwi fruit, dark chocolate, and coffee (yes, chocolate and coffee!)-you can shed weight while naturally reducing your dependence on less healthful foods, lowering your risk for diabetes, heart disease, cancer, inflammation, and more. The food plan has room for all your can't-resist treats-you can eat them and still slim down! This revolutionary diet isn't about denying yourself; it's about indulging in delicious, satisfying foods that help trigger weight loss and instill better body health. Guiding you every step of the way, The Drop 10 Diet includes • 101 quick, tasty breakfasts, lunches, snacks, and dinners. You choose your favorites. Each meal or snack incorporates at least one Drop 10 superfood and leaves your cravings and your stomach satisfied! • 40 delicious family recipes that even a novice cook can fix. Your loved ones will never know they're eating healthfully! • 1,400 extra "happy calories" each week to enjoy on top of your Drop 10 meals and snacks. Use your happy calories for daily splurges (ice cream!) or save them up to spend for a big night out (Mexican? Bring on the nachos!). • 8 exercises you can do at home or in the gym to boost your metabolism and supercharge your weight loss. • Inspirational stories of weight loss from women just like you! Don't waste another bite on bland, strict diets that don't work. It's time to grab life by the fork! BONUS: This edition includes an excerpt from The Drop 10 Diet Cookbook!

10 Pounds in 10 Days Jackie Warner,2012-05-22 As America's favorite no-nonsense celebrity fitness trainer, Jackie Warner has years of experience showing her clients how to get red-carpet ready in no time. Now she's

sharing the secret formula! In 10 Pounds in 10 Days, Jackie reveals a program that your body will love and you will want to commit to for a lifetime. Rooted in Jackie's principles of fitness, this plan will give you a nutrient-rich, all-natural diet to jump-start your metabolism and rev up the fat burning; exercises to tone and sculpt your body to perfection; and the encouragement to turn your self-loathing into self-loving. Jackie's powerful 10 x 10 program will help you achieve your best body and the happiest you. Discover how to: DROP POUNDS RAPIDLY: Three simple 10-day eating plans and workouts—for a full 30 days of fat burning and toning EAT TO LOSE: Discover the superstar foods that encourage fat loss, satisfy cravings, and recharge your metabolism BURN FAT FAST: Specific high-intensity workouts that combine cardio-acceleration and resistance training to maximize burn and give ultimate tone in the fastest time possible KEEP THE WEIGHT OFF: The secret strategy for changing your set point so the pounds stay off permanently. Research-backed and client-proven, this program works! You'll feel better, eat healthier, exercise more efficiently, and above all, you'll lose up to 10 POUNDS IN 10 DAYS!

Lose Weight Like Crazy Even If You Have a Crazy Life! Autumn Calabrese, 2020-08-18 You can lose weight like crazy, and you can achieve anything! Autumn Calabrese shares the revolutionary step-by-step approach to lose weight that made her one of the top fitness and nutrition celebrities in the world. No cutting corners and no BS: In this book she reveals the personal struggles that shaped her approach to overcome excuses that led to this 30-day plan to succeed at weight loss, and life! Hey there! I'm Autumn Calabrese. I'm a Midwest girl, a single working mom who really had no business being in the business of health and fitness. But I found my passion in helping people achieve their weight-loss and health goals. I turned myself into a mini mega-mogul of nutrition and fitness with two of Beachbody's most successful programs ever: 21 Day Fix and The Ultimate Portion Fix. I've led a crazy life and it's still crazy—probably a lot like yours. I've faced tremendous hardships and disappointments that have deflated my self-confidence. But I've found a way to turn “failures” into “redirections” that have transformed my life. And you can do it, too! Over the past five years, I've helped hundreds of thousands of people finally get control of food and lose 10, 20, 30, even more than 100 pounds with my breakthrough weight-loss programs. And, now I'm going to do the same for you! Imagine enjoying your favorite CARBS, WINE AND COCKTAILS, AND EVEN CHOCOLATE CAKE and still melt fat to build the lean, fit, healthy body you've always wanted! Here's my proposition: Give me just 30 days of your time, trust my process, GO ALL IN, and see what happens to your body. If you've ever struggled to lose weight before, I know why, and I have the solution. Lose Weight Like Crazy is NOT a DIET. There's Zero Deprivation. It works by automatically controlling your portion sizes, eliminating those unhealthy, sugary processed foods that trigger cravings, and filling you up on a proven ratio of healthy whole foods. It's simple. It's backed by science. And it works. Here's what YOU can expect while you lose weight like crazy: You won't count calories! You won't feel hungry or deprived! You can enjoy dessert! You can have a cocktail with your friends! You can speed up your results by adding fast, fun exercise routines that you'll love! (free lifetime access to my 2 new workout videos included with the book!) You can maintain your new body and feel amazing—for life!

The Ultimate Weight Solution Phil McGraw, 2013-11-02 Discusses how to get to the root of eating habits, and offers advice on improving body image, dealing with emotional eating, and exercise.

Dash Diet for Weight Loss: The Ultimate 28-Day Eating Plan Solution for Beginners to Lower Blood Pressure, Hypertension, Boost Metabolism, Drop 1 Maria Crawford, 2019-03-09 ★★Buy the Paperback Version of this Book and get the Kindle Book version for FREE ★★ Do you want to reduce blood pressure, prevent osteoporosis, heart disease, diabetes and losing weight quickly at the same time? If you want to treat hypertension and reduce the risk of cancer and hearth disease or if you're just looking for a weight loss diet, the DASH Diet will help you to stay fit and to live healthier! You'll be able to boost your metabolism, lose weight fast and improve your general health through few simple step to follow without starving yourself. In this book you will find out: Why Dash Diet is probably the best diet to follow How to implement the Dash Diet What are the ingredients you should eat and you should avoid How the DASH Diet Approach works to weight loss Tips for your daily shopping 28-day meal plan to Lose 10 pounds Tips for sustaining your weight So even if you are new on this Diet, this book will show you step by step what you need to do to achieve the results you want without making a big change on your daily routine. Don't wait any longer! Download now Dash Diet For Weight Loss and get the key to live longer! Scroll Up and Click the Buy Now Button!

The Permanent Weight Loss Plan Janice Asher, Jae Rivera, 2020-01-07 We lost 170 pounds and kept it off! It's not a diet, but you will lose weight with this proven path to developing better eating habits and building a healthy relationship with food. Diets come and go, and the scale needle swings as you drop pounds and then gain them back. But what if there were a weight loss solution for forever? Not another fad diet based on deprivation and restriction, but a holistic system for shedding pounds and maintaining your weight? In The Permanent Weight Loss Plan, Janice Asher, MD, and Fulbright Open Research Fellow, Jae Rivera, reveal (from their own first-hand experiences) that it's not just about the food you eat or don't eat—it's about a mindset and lifestyle change. After collectively losing 170 pounds and maintaining their weight for years, Janice and Jae share scientific evidence, personal experiences, and practical insights on how you can successfully reframe your relationship with food. It's about stopping the shame associated with body size, recognizing instances of disordered eating, equipping yourself with the knowledge of what behaviors contribute to lasting weight loss, and making use of proven strategies. Get actionable tips on how to: Overcome barriers like stress, shame, and emotional eating Escape the comfort food circle of hell Eat food that nourishes your intestinal microbiome and brain Replace unhealthy habits with new ones that will treat your body well Boost your metabolism by eating during the right times of the day Commit to an exercise regime you can enjoy Transform your kitchen from danger zone to a safe space Survive potential landmines like holidays and parties Develop strategies for not gaining back the weight you lose Stop the cycle of fat-shaming and treat yourself with kindness Complete with 26 recipes for cauliflower quinoa puttanesca, “umami bomb” roasted portabella mushrooms, blueberry breakfast smoothie, curried lentil salad, and more, The Permanent Weight Loss Plan encourages readers, with gentle humor and compassion, to embrace a paradigm shift and transform their lives for good.

The Cut Morris Chestnut, Obi Obadike, 2017-04-18 Transform Your Body in Just 12 Weeks Hollywood leading man Morris Chestnut may be known for his washboard abs and ripped arms, but not too long ago he was in the worst shape of his life - 30 pounds overweight, avoiding the gym, and frequenting the drive-through. Morris turned to celebrity fitness and nutrition expert Obi Obadike to help get back in shape and the results were astounding. Morris went from 220-pounds to 187 pounds in just 12 weeks, and audiences haven't stopped raving about his new look since. Now Morris and Obi are joining forces to share their life-changing program with fans nationwide. Backed by the latest cutting-edge nutrition science and featuring Obi's trademark fat-burning exercise program, THE CUT is designed to help readers drop pounds quickly - up to 10 pounds in 10 days and 40 pounds in 12 weeks- without stalling on the scale. Featuring Morris's personal diet and exercise plan, plus dozens of success stories from everyday people who've lost weight and kept it off, THE CUT will help readers reclaim their health and discover the lean and toned body they've always wanted. Join the revolution and get ready to get cut!

Best Dieting for Fast Weight Loss David a Osei, 2019-11-14 Although some people find themselves dealing with more serious weight problems, most people who want to lose a little weight are relatively healthy. If you want to lose 10 pounds, there's a good chance that those pounds were gained very slowly over the course of many months - the weight doesn't represent a problem as much as a few times during the past year where you overindulged (usually the holidays) and failed to make up for it. Here are some tips to lose those 10 pounds: Pick Your Time Weight loss involves very personal issues for most people, and is closely related to their self-esteem. It is crucial that you attempt to lose 10 pounds at the appropriate time - at a time where you otherwise feel good and satisfied with your

life. If you try and lose 10 pounds during a period of time in your life where you have a lot of stress or other distracting things going on, you drastically increase your chances of failure, which will only make things worse. Change Your Diet Try as much as possible to balance your diet. This doesn't mean that you have to starve yourself -- rather make a point of getting no more than 30% of your calories from fat. Eat more fruits and vegetables and try to add as much variety to your diet as possible. Try new things, and new meal ideas. Keep Track Of Your Progress The problem with dieting for many people, especially in the early stages, is that even if the diet is working they can't see any results. It's hard to really notice if you lose 1 pound. For this reason it's important that you track your progress, so you can have a good sense of the accomplishments you've made. By calculating how many calories you've eaten and how much you've burned through exercise each and every day, you can track how many calories (and ultimately how much weight) you are losing. Do It With Friends A great and fun way to help you stick with your plan is to undertake your project of losing 10 pounds with a friend. Not only will you be able to provide support for each other and track each other's progress, but you'll be able to engage in fun exercise activities together.

Rapid Weight Loss Hypnosis Emily Bailey, Hypnosis Academy, 2021-02-07 **55% OFF FOR BOOKSTORES! DISCOUNTED RETAIL PRICE NOW AT \$10,78 INSTEAD OF \$23,95** Are you looking for a book that can be your time-saving roadmap to achieve higher results? This book can save you from making mistakes! Your customers will never stop to use this awesome cookbook! While there are numerous points you can do to shed pounds, slimming down too fast, like any type of sudden adjustment to your body, can be harmful. While craze diets, diet regimens, and fasting may undoubtedly cause quick fat burning, these approaches can cause you to shed muscle mass and might additionally harm your heart and other body organs reasonably promptly. Dropping weight quickly is easy if you know how to do it. One of the most reliable means to slim down is to diet regimen and exercise. Making excellent choices about what you eat and exactly how much you eat will certainly go a lengthy method in losing weight. Having a workout regimen that you can stay on top of will certainly make sure that you maintain the weight off. Bear in mind, and you can drop the weight either by lowering your calorie consumption or increasing the variety of calories you burn. This book covers the following topics: - How Self-Hypnosis Works? - Myths About Hypnosis - Chakra Guided Meditation - How to Stop Emotional Eating ..and much more! Hypnosis will not require your subconscious mind to shed fat while you consume what you want instantly! It will, nevertheless, aid you in transforming your eating and exercise practices quickly. Are you ready to change your body? Buy it now and let your customers get addicted to this amazing book!

How to Shed 10 Pounds in Just a Week Cheryl Hall, 2023-06-07 Are you tired of following diets and workout regimens that produce results as slowly as a troop of turtles negotiating a busy intersection? Would you like to understand how to jump-start your weight loss such that you lose a lot of weight quickly and continue to do so for a long time? Why take the long, difficult path when you may achieve results quickly when you're ready to lose inches and watch your weight decrease? Despite what experts will have you believe, if you know what to do and how to do it, losing weight quickly is rather simple. This study is the solution you've been waiting for if you're ready to rev up your metabolism and lose weight like never before. After reading it, you'll understand how to make your body a machine that burns fat and quells your hunger.

Eat to Live Joel Fuhrman, 2011-01-05 Hailed a medical breakthrough by Dr. Mehmet Oz, Eat to Live offers a highly effective, scientifically proven way to lose weight quickly. The key to Dr. Joel Fuhrman's revolutionary six-week plan is simple: health = nutrients / calories. When the ratio of nutrients to calories in the food you eat is high, you lose weight. The more nutrient-dense food you eat, the less you crave fat, sweets, and high-caloric foods. Eat to Live has been revised to include inspiring success stories from people who have used the program to lose shockingly large amounts of weight and recover from life-threatening illnesses; Dr. Fuhrman's nutrient density index; up-to-date scientific research supporting the principles behind Dr. Fuhrman's plan; new recipes and meal ideas; and much more. This easy-to-follow, nutritionally sound diet can help anyone shed pounds quickly-and keep them off. Dr. Fuhrman's formula is simple, safe, and solid. --Body and Soul

The Pegan Diet Dr. Mark Hyman, 2021-02-23 Twelve-time New York Times bestselling author Mark Hyman, MD, presents his unique Pegan diet—including meal plans, recipes, and shopping lists. For decades, the diet wars have pitted advocates for the low-carb, high-fat paleo diet against advocates of the exclusively plant-based vegan diet and dozens of other diets leaving most of us bewildered and confused. For those of us on the sidelines, trying to figure out which approach is best has been nearly impossible—both extreme diets have unique benefits and drawbacks. But how can it be, we've asked desperately, that our only options are bacon and butter three times a day or endless kale salads? How do we eat to reverse disease, optimal health, longevity and performance. How do we eat to reverse climate change? There must be a better way! Fortunately, there is. With The Pegan Diet's food-is-medicine approach, Mark Hyman explains how to take the best aspects of the paleo diet (good fats, limited refined carbs, limited sugar) and combine them with the vegan diet (lots and lots of fresh, healthy veggies) to create a delicious diet that is not only good for your brain and your body, but also good for the planet. Featuring thirty recipes and plenty of infographics illustrating the concepts, The Pegan Diet offers a balanced and easy-to-follow approach to eating that will help you get, and stay, fit, healthy, focused, and happy—for life.

The Thin in 10 Weight-Loss Plan Jessica Smith, Liz Neporent, 2012-10-01 Best-selling exercise DVD star and certified fitness and lifestyle expert Jessica Smith, along with award-winning health and fitness writer Liz Neporent, break down weight loss into 10-minute, easy-to-follow workouts that fit your busy schedule. Step-by-step photos and instructions, along with an exciting, fast-paced DVD with six 10-minute workouts, make this a simple, fun, and sustainable program for anyone, whether you're just starting out or have been at it for a while. The Thin In 10 Weight-Loss Plan proves once and for all that you have time to work out. Getting fit, feeling good, and losing weight doesn't mean laboring for hours in a gym or spending hundreds of dollars on bulky high-tech equipment. High- and low-intensity fat-burning and muscle-building exercises, along with healthful, easy (and quick) recipes, numerous tips and tricks to burning more calories throughout the day make this the essential fitness and weight-loss kit! This edition does not contain the bonus DVD video that's included with the paperback version of the book.

Lose Those Last 10 Pounds Denise Austin, 2001-03 Offers a combination of bodyshaping exercise routines and meal plans to help readers lose weight and get in shape, accompanied by tips on ways to boost one's metabolism, nutrition, mental energizers, and simple calorie-burning techniques.

The First 10LBS Maggie McNamara, 2023-09-28 This book is intended to help anyone who is struggling to find time to stay fit, eat healthy, and understand how to navigate the world of health and fitness. It is a book of tips and tricks to make the road to weight loss and better health an easier path. If you've tried to lose weight and have failed or gained back, this book is for you. If you are at the start of your weight loss journey or trying for the gazillionth time, read this book first. It is full of all of the information I have uncovered over a lifetime of trying to be the healthiest and fittest version of myself. I have been more than 50lbs overweight, and I have slimmed down to a size 2. I have been to hell and back on the road of fitness, and I took notes along the way. I have hired coaches, tried online fitness programs, attempted almost every diet I ever heard of, worked out multiple times a day, and followed the paths of celebrities to the best of my ability. This book is a great compilation of what I learned and what worked and what didn't work. I call this the roadmap to fitness the first 10lbs. Always work for the first 10lbs. So often, I have found myself quitting because my goal was too big. When I settled back and realized I would have the best success by working just ten pounds at a time, I realized I was way less likely to quit. No matter how much you have to lose, I invite you to follow this roadmap to fitness and pursue your first ten pounds!

The Ultimate Weight Solution for Teens Jay McGraw, 2003-11-25 Weight issues are one of the leading causes of teen

depression. Since you are reading the back of this book, I'm guessing that you picked it up because you relate, at least in some way, to some of the following statements: I can't stand my body! I don't know how to lose weight! The other kids always make fun of me and call me fat! I hate myself! Well, I have some good news for you. Actually, I have some great news. By picking up this book, you have taken the first step to deciding to do something about your weight and your self-image. This book will give you the answers to the many problems that you have been facing. And it will give you a plan for dealing with those problems. And I will go through it all with you. Now get psyched! You are about to begin one of the most life-changing experiences of your life. -- JAY MCGRAW, FROM THE INTRODUCTION As Jay McGraw says, The Ultimate Weight Solution for Teens is a book that will change lives. Weight issues are one of the leading causes of teen depression, and The Ultimate Weight Solution for Teens is being published at a time when weight is the top issue in so many teens' lives. Inspired by the enormous success of the #1 bestselling The Ultimate Weight Solution by Dr. Phil McGraw, Jay McGraw has written a book that deals with the specific issues teens face when it comes to weight matters. It's hard enough to be a teen, it's even harder to be an overweight teen. No one knows that better than the young people who suffer the teasing and name-calling that seem to resonate daily through their school halls. But what do you do when your friends are scarfing pizza and cheese fries and you're trying to lose weight? With this book, Jay addresses this and other problems in a way that they have never been addressed before -- in a way that actually works! Just as he did in his bestselling books Life Strategies for Teens and Closing the Gap, Jay talks directly to teens and young adults in a way to which they can relate. Jay gets it and he knows how to give it to them straight. The result is a book that can do what teens all over have been looking for -- a way to totally transform their bodies, minds, and lives.

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