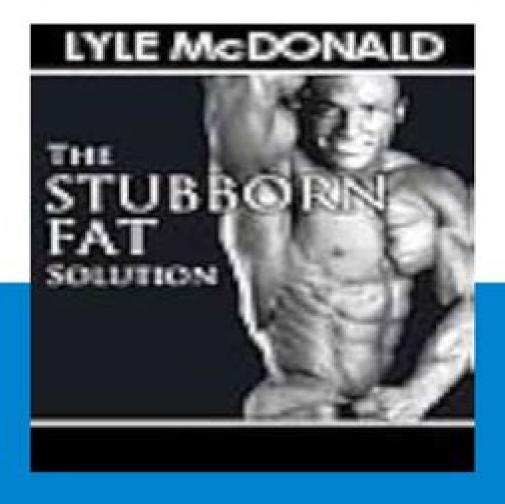
# Lyle McDonald

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## The Stubborn Fat Solution



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