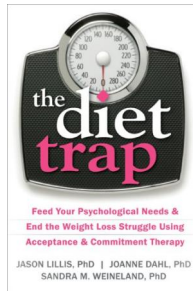


## The Diet Trap: Feed Your Psychological Needs and End the Weight Loss Struggle Using Acceptance and Commitment Therapy (Paperback)



### Book Review

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(Neva Hammes MD)

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