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101 "Weights" To Laugh Away The Pounds By Rich DiGirolamo & Michelle Gotay . So here's the story: I am overweight. I met Rich. He used to be overweight. He told me that I didn't have to be over-weight anymore. I told him to jump in a lake. ... Lighten Up - 101 Ways to Laugh Away the Pounds. up.

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Lighten Up Plus April 2015 - Appetite Background: Many overweight people find it difficult to maintain weight loss after attending a weight reduction programme.

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