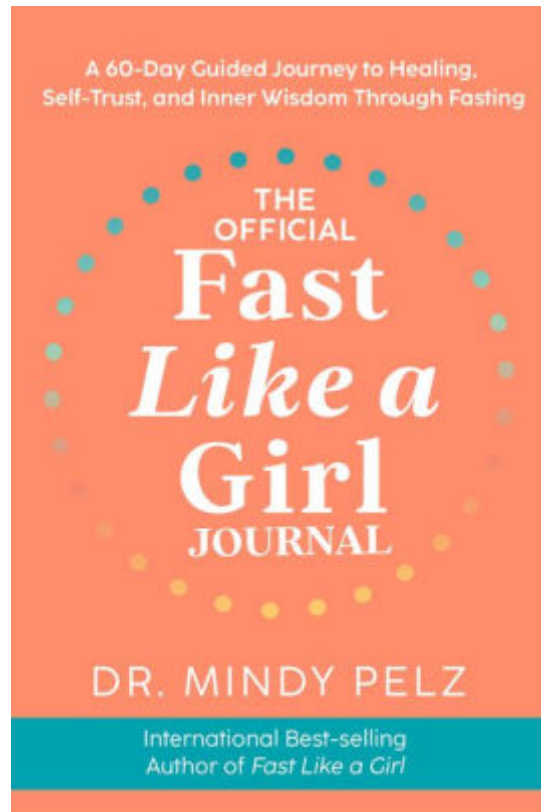


The Official Fast Like a Girl Journal: A 60-Day Guided Journey to Healing, Self-Trust, and Inner Wisdom Through Fasting

by Dr. Mindy Pelz



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