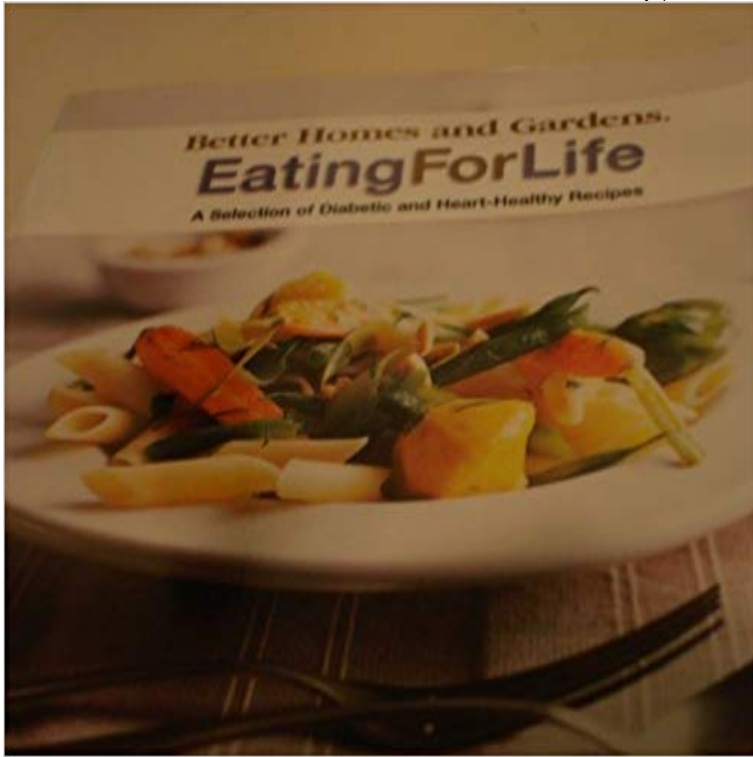


## Better Homes and Gardens Eating for Life



A guide and cookbook for heart healthy recipes and lifestyle.

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