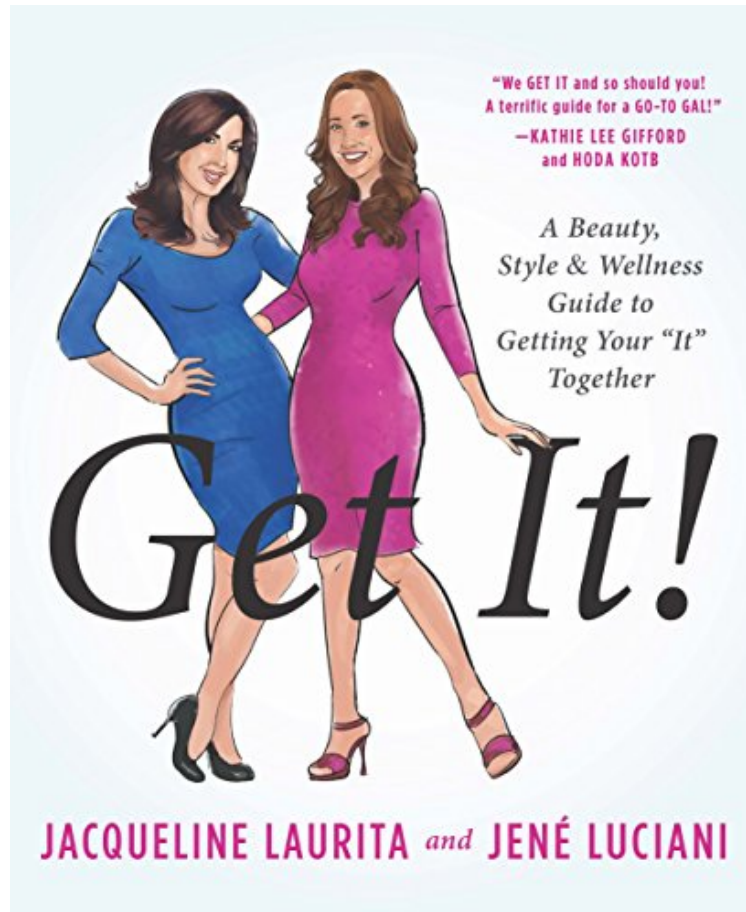


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"We 'GET IT' and so should you! A terrific guide for a 'GO TO GAL!'" —Kathie Lee Gifford and Hoda Kotb "As an avid health and wellness advocate myself, I found *Get It!* to be a great guide for all women who want to be the best they can be." —Joan Lunden, award-winning journalist and bestselling author