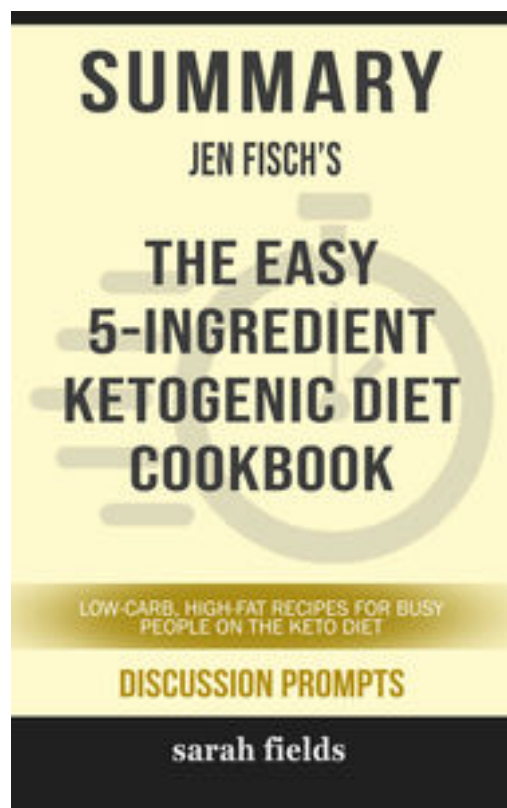


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In this comprehensive look into The Easy 5-Ingredient Ketogenic Diet Cookbook: Low-Carb, High-Fat Recipes for Busy People on the Keto Diet by Jen Fisch, **you'll gain insight with this essential resource as a guide to aid your discussions. Be prepared to lead with the following:**

Discussion aid which includes a wealth of prompts and information

Overall plot synopsis and author biography

Thought-provoking discussion questions for a deeper examination

Creative exercises to foster alternate "if this was you" discussions

And more!

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