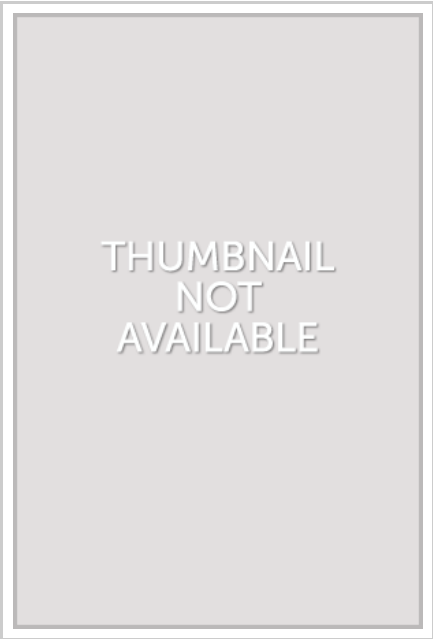



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# Conquering Caffeine Dependence

By Mike Fillon

Woodland Publishing Inc. Paperback. Book Condition: new. BRAND NEW, Conquering Caffeine Dependence, Mike Fillon, Author Mike Fillon provides a concise overview of caffeine, its adverse effects, and how to overcome caffeine dependence using natural methods. He also offers crucial information on how to have a healthy lifestyle free from caffeine addiction, but helps explain the caffeine content of many everyday foods and beverages. This title is a must-read for anyone concerned with the detrimental effects of caffeine on their health.

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