



Low Carb Donut Recipe

Martina Slajerova



Low Carb Donut Recipe:

Low Carb Donut Recipes: 25+ Traditional Low Carb Donuts That Are Easy to Cook. You Will Love Donuts! Sarah Jacobs, 2015-12-07 color fa8e47 Getting Your FREE Bonus Download this book read it to the end and see BONUS Your FREE Gift chapter after the conclusion Low Carb Donut Recipes 25 Traditional Low Carb Donuts That Are Easy To Cook You Will Love Donuts FREE Bonus Included Is sugar the bane of your existence Can t keep away from sugary delicacies Are you a fan of donuts Wonder how you can find a balance between keeping your weight in check and still getting to eat those donuts Are you craving a donut just reading this Then this e book Low Carb Donut Recipes 25 Traditional Low Carb Donuts That Are Easy To Cook You Will Love Donuts is the book you are looking for Reducing your carb intake is one of the prescribed ways to lose weight It reduces your appetite you feel less hungry and it leads to automatic weight loss You don t need to count your calories count how much you are eating or even worry about what you are eating If you love your donuts want to cook at home but are always worrying about your weight then this book has the answers you are seeking Donuts are one of the sugary delicacies that melt in your mouth give you the sugar rush you crave taste delicious and were known to be really bad for your weight and general health Well not anymore This book looks at low carbohydrate foods their benefits and effectiveness Are they effective It then delves into the world of donuts from your basic glazed donut to chocolate filled donuts just oozing with richness and still being low carb This book will bring together your favorite food and your weight loss dream by bringing you wonderful recipes from around the globe This book has the following information skip if you just want the yummy part Download your E book Low Carb Donut Recipes 25 Traditional Low Carb Donuts That Are Easy To Cook You Will Love Donuts by scrolling up and clicking Buy Now with 1 Click button **Low Carb Donuts** Sheila Hope, 2015-12-19 Are you thinking of adopting a low carb diet to help lose weight Are you worried about having to give up your favorite pastries If you answered yes to either of those questions or are simply looking for a healthier donut this book is the perfect choice for you Making the change to a low carb diet may sound a bit terrifying as you are going to have to give up a lot of your favorite foods However there are several benefits that you can benefit from by making the change Going low carb allows you to still eat donuts while losing weight improving blood sugar lowering cholesterol and much more With this amazing book you will learn everything that you need to know about making your own low carb donuts No more eating hard day old low carb donuts that you bought at the store When you make your favorite donuts at home you get the pleasure of eating them when they are best directly out of the oven while they are nice and warm Inside You Will Learn Benefits of eating low carb Changes you will make when going low carb Everything you need to start making low carb donuts Traditional donut recipes turned low carb Fun donut flavors turned low carb How to decorate your donuts while staying low carb And Much More Once you learn how easy it is to make your favorite donuts in their low carb form all that is left is decorating them The last chapter of this book goes over the different techniques you can use including glazing and icing Don t wait another minute Learn how easy it is to

make low carb donuts from home **Ketogenic Donuts** Karen Medina,2015-12-12 BURN FAT GAIN MUSCLE AND STAY IN KETOSIS WITH INDULGENTLY DELICIOUS KETOGENIC DONUT RECIPES You ll Learn To Make Ketogenic Donuts Including Cream Cheese Donuts Glazed with Chocolate Delightful Apple Flavored Donuts with Twist of Cinnamon Velvety Red Donuts with Cheesy Frosting Glazed with Irish Cream Donuts Fantastic Apple Donuts with Apple Glaze Pumpkin Magic Donuts with Sweet Glaze Easy to Make Choco Donuts Chocolate Cake Disguised as Donuts Much much more **1,001**

Low-Carb Recipes Dana Carpender,2010-03 FULL DESCRIPTION This tasty collection draws on the best 1 001 recipes from Dana Carpender s bestselling books including 500 Low Carb Recipes 15 Minute Low Carb Recipes 500 More Low Carb Recipes 200 Low Carb Slow Cooker Recipes The Low Carb Barbeque Book and Low Carb Smoothies You ll find delicious and varied options including recipes for high carb foods you thought you had to give up forever such as Cinnamon Raisin Bread and Mocha Chocolate Cheesecake Staying the low carb course will be easy with choices from barbecue to slow cooker to internationally inspired dishes *620 KETO RECIPES* JESSICA INGLATERRA,2024-04-27 Ketogenic Cuisine 620 Recipes to Transform Your Diet and Lifestyle Discover the secret to a journey of enduring well being and health with the ebook Ketogenic Cuisine 620 Recipes to Transform Your Diet and Lifestyle This comprehensive compendium presents an irresistible variety of recipes designed specifically for those who follow or wish to experiment with the ketogenic diet Ketogenic Snacks Energize Your Day Start your day with energy with our ketogenic snacks ranging from crunchy flaxseed cookies to dark chocolate and nut bars perfect for satisfying your hunger between meals Tasty Lunches Meals to Nourish and Satisfy Make lunch more than just a regular meal Indulge in dishes like grilled salmon salads with avocado and lemon sauce or chicken curry with cauliflower rice providing a perfect balance of proteins and healthy fats Revitalizing Beverages Hydration and Flavor in Every Sip Stay hydrated and satisfied with our ketogenic beverages such as avocado and spinach smoothies with coconut milk or hibiscus iced teas with lemon and mint offering a refreshing burst of natural flavors Sophisticated Dinners Gastronomic Experiences at Home Turn your evenings into special occasions with our sophisticated dinners such as ribeye steak with creamy mushroom sauce or herb crusted roasted salmon ensuring an elegant and delicious meal with every bite Homemade Condiments and Sauces Enhance the Flavor of Your Meals Elevate the taste of your culinary creations with our homemade condiments and sauces such as creamy avocado mayonnaise or fresh basil pesto adding a touch of freshness and flavor to every dish Additionally by purchasing this ebook you will benefit from Nutritional Variety The recipes have been carefully selected to ensure a variety of essential nutrients ensuring you get everything your body needs to thrive Practicality and Ease Clear and simple instructions make meal preparation an easy and enjoyable task even for less experienced cooks Health Support The ketogenic diet has been associated with a range of health benefits including weight loss better blood sugar control increased energy and improved mental focus Lasting Satisfaction By incorporating these delicious recipes into your routine you ll discover a new way of eating that not only satisfies your palate but also nourishes your body and mind Don

t miss the opportunity to transform your life through ketogenic cuisine Get your copy of Ketogenic Cuisine 620 Recipes to Transform Your Diet and Lifestyle today and take the first step towards a new you full of vitality and well being

Ketogenic Donut Cookbook Lisa R. Cohen,2016-01-05 Lose Weight With These Tasty And Easy To Make Low Carb Donut Recipes Ketogenic Diet is one of those diets that a lot of people have heard about but don't know a lot about It's our intent to inform you about Ketogenic diets how they work why they work and how to start one of your own This cookbook is filled with large variety of low carb donut recipes you can easily make **Super Awesome Ketogenic Donuts Recipes Cookbook** Karen Medina,2016-10-17 **Everyday Keto Baking** Erica Kerwien,2019-07-30 Have your cake and stay keto too With Everyday Keto Baking there's no need to deprive yourself of the breads muffins and other treats you love Instead learn to make keto friendly low carb high fat versions of your favorite baked goods using real food ingredients This is the only keto baking book you'll ever need Inside you'll find more than 80 recipes specifically geared to the keto diet Most recipes rely on coconut flour and almond flour two of the most popular alternative flours on the market Coconut flour is an all natural flour made only from coconut contains no gluten and no grain and is low in digestible carbs and high in fiber making it a favorite among keto gluten free grain free nut free and low glycemic lifestyles Its pure slightly sweet taste is subtle enough that even coconut haters won't be able to detect it and it lends itself perfectly to baked goods creating results far superior to many other healthy treats Alongside other healthy ingredients like eggs and low carb sweeteners the recipes in this book have been carefully created to not only taste delicious but also help you meet your macros your target ratio of protein fat and carbs on keto Enjoy all the special treats you once thought were off limits such as Fluffy Pancakes Cheesy Bagels Garlic Cauliflower Breadsticks Chocolate Zucchini Bread Cinnamon Streusel Cake Strawberry Rhubarb Cobbler Chocolate Chip Cookies Red Velvet Cupcakes Cheesecake Brownies Spinach Feta Quiche Everyday Keto Baking gives you limitless options for enjoying baked goods without guilt The only thing you need to worry about now is keeping them away from everyone else

Easy Keto Breakfasts Carolyn Ketchum,2019-05-07 Go beyond bacon and eggs and step back into the creative kitchen of renowned food blogger and author Carolyn Ketchum as she shows you how to make the most of your mornings with her most sought after 40 recipes Easy Keto Breakfasts is an assortment of delectable low carb time saving recipes that will leaving you feeling satisfied and ready to take on the day Easy Keto Breakfasts delivers an assortment of those can't live without baked goods that Carolyn is famous for including Maple Pecan Scones Strawberry Skillet Breakfast Cake and Macadamia Coconut Granola while also bringing new twists to the time tested favorites such as omelets and breakfast meats Carolyn meticulously presents over 50 keto recipes that are so easy to follow and feature full color photos nutrition information along with make ahead and time saving tips that will change your life *The Complete Idiot's Guide to Low-Carb Meals, 2nd Edition* Lucy Beale,Sandy G. Couvillon,2012-06-05 In the world of diets low carb dieting is still very popular Reformed from its early no carb version today's low carb diet relies on cutting down carbohydrates in your diet and replacing them with

protein Numerous diets today and even some diabetic diets rely on cutting carbohydrates Cooks today are looking for low carb alternatives that aren't bland diet book recipes The Complete Idiot's Guide to Low Carb Meals second edition has lower carb recipes and more vegetarian and vegan selections than before As many readers point out low carb diet cookbooks read like they were written by scientists not cooks Enter cookbook authors Lucy Beale and Sandy Couvillon with more than 330 taste tempting recipes for low carb alternatives Moreover the recipes have additional nutritional information not just carb gram data but also protein replacement data and complex and simple carbohydrates nutritional information With everything from breakfast egg dishes of course to late night snacks Beale and Couvillon offer hundreds of delicious recipes for the die hard dieter and health conscious cook that appeal to the family and are easy to make This cookbook offers fantastic salads bread and pasta recipes grains potatoes rice desserts fruit options and even an entire chocolate chapter

The Ultimate Guide to Keto Baking Carolyn Ketchum, 2019-12-03 SWEET SAVORY DELICIOUS Think you have to give up baking on a low carb or keto diet Think again Grab an apron and your favorite mixing bowl and get ready to dive in as Carolyn Ketchum brings her passion for low carb baking to life in *The Ultimate Guide to Keto Baking* The creator of the popular blog All Day I Dream About Food and the author of several beloved cookbooks Carolyn is famous for her delectable recipes for low carb baked goods With this comprehensive cookbook dedicated to ketogenic baking you too can create mouthwatering baked goods that will satisfy every craving while maintaining your healthy lifestyle Your family and friends may not even realize that these recipes are keto Carolyn's mission is to prove to the world that special diets need not be boring or restrictive When gestational diabetes forced her to begin watching her carb intake she channeled her passion for baking and cooking into creating low carb versions of her favorite treats It's astonishing what you can do with a bag of almond flour a stick of butter and a willingness to experiment *The Ultimate Guide to Keto Baking* is an astoundingly comprehensive resource for baking without sugar wheat flour or other high carb ingredients Carolyn has spent years honing her low carb baking techniques and in this book she shares all her secrets In addition to an extensive review of low carb baking ingredients and tools she includes more than 150 thoroughly tested recipes for sweet and savory baked goods from everyday cookies to special occasion cakes and pies to breads crackers and even pizza Sample recipes include Chocolate Mayonnaise Layer Cake Marble Cheesecake Dairy Free Chocolate Chip Skillet Cookie Key Lime Pie Bars Maple Glazed Donuts Cheddar Garlic Drop Biscuits Chewy Keto Bagels Tomato Ricotta Tart Summer Berry Cobbler No matter what you want to bake *The Ultimate Guide to Keto Baking* has you covered with a wide variety of sweet and savory treats With this comprehensive cookbook you can create low carb goodies that will satisfy every craving while nourishing your body mind and soul

Sweet and Savory Keto Chaffles Martina Slajerova, 2020 Sweet Savory Keto Chaffles is a cookbook of 75 unique keto chaffle recipes written by best selling keto author Martina Slajerova

Naturally Keto Brenda Bennett, 2019-10-29 The ketogenic diet is on the rise and for good reason It's one of the fastest ways to not only lose weight and keep it off but also reduce brain fog increase

mental clarity balance hormones and blood sugar levels increase energy levels reduce inflammation and eliminate sugar and carb cravings Whether you re just trying to remove sugar from your life or you re learning to eat low carb or even if you ve been doing keto for a long time Naturally Keto brings you recipes that will satisfy and inspire you Even a novice cook can make these dishes with nothing too complicated or fancy and no hard to find ingredients This book provides keto friendly family meals that everyone will love even the picky eaters Brenda Bennett the popular food blogger behind Sugar Free Mom knows what it s like to struggle with sugar and carb addiction and what it s like to do keto alone without her husband or children following the diet She s found freedom in the keto lifestyle and the ability to make recipes the whole family will eat without needing to make separate meals for yourself Naturally Keto includes over 125 recipes from breakfast to desserts many dairy free and nut free as well as a four week meal plan a beginner s guide to starting keto tips on dealing with a reluctant spouse and dining out kitchen essentials and foolproof recipes for entertaining a non low carb crowd This book features something for everyone no matter what your taste or dietary need It includes 50 plus dairy free recipes and many more with dairy free options 75 egg free recipes Over 115 recipes that are nut free

The Ultimate Keto Cookbook

Brittany Angell,2020-04-28 Your All In One Resource for Satisfying Every Keto Craving Starting with the basics and then going way way beyond Brittany Angell provides more than 270 delicious keto recipes and 270 standout photos to sustain your low carb lifestyle Enjoy breakfast again with satisfying staples such as Keto Grits Sage and Cranberry Turkey Sausage Carrot Cake Protein Balls and Savory Caprese Biscuits Lunch and dinner options are drool worthy including Smoked Cracklin Pork Belly Chili Steak Fingers with Caramelized Onion Gravy and Pork Banh Mi Kale Salad Brittany even takes it one step further by providing much needed recipes like Perfect Easy Flatbread Boiled Low Carb Bagels Cream Cheese Swirl Brownies and Caramel Candied Pecan Ice Cream Did you even know you could have sangria margaritas and daiquiri jello shots while on the keto diet Well you can have it all with this book With egg free dairy free nut free and vegetarian options included throughout there s truly some thing for everyone Set yourself up for long lasting success with this incredible collection

300

Low-Carb Slow Cooker Recipes Dana Carpender,2011-10-01 Ah the wonders of a slow cooker After a long hard day you can walk in the door and the aroma of a hot home cooked meal fills the air You don t have to do that fast tango from fridge to pantry to stove and back again It s nearly as good as having a personal chef But for the low carb dieter traditional slow cooker recipes can be a problem Many of them depend on potatoes noodles rice and starchy canned soups And if you ve tried to make up your own slow cooker recipes you may have found the results less than compelling too often the food can be mushy water logged and bland Fortunately with 300 Low Carb Slow Cooker Recipes you can use your slow cooker and follow your low carb diet too This new expanded version contains 100 new recipes from Dana s healthy and delicious kitchen Come home to Tuscan Chicken Kashmiri Lamb Shanks Teriyaki Tangerine Ribs Chicken Minestrone Orange Rosemary Pork Chipotle Brisket Firehouse Chili Thai Chicken Bowls Braised Pork with Fennel Pizza Stew Morty s Mixed Meat Loaf Low Carb

Slow Cooker Paella But that's not all The gentle even heat of a slow cooker makes it the perfect way to cook many different kinds of foods You'll make low carb party treats like Hot Crab Dip and Glazed Chicken Wings and snacks like Smokin Chili Peanuts and Curried Pecans It's the superior way to cook incredible sugar free desserts like Mochaccino Cheesecake and Maple Pumpkin Custard And you've never had moister more tender seafood than my Lime Basted Scallops or Lemon Mustard Salmon Steaks Plus every recipe lists the calories protein fiber and usable carbs per serving so you'll not only be in control of your life and your time you'll be in control of your diet as well So go ahead plug in your slow cooker and look forward to coming home to a fabulous low carb supper tonight with Dana Carpender's new and expanded 300 Low Carb Slow Cooker Recipes

Keto Chaffle Cookbook Susan Lombardi, 2021-10-13 If you're looking for a cookbook of tasty and easy recipes that will allow you to burn fat and lose weight naturally then this is the book for you The Keto Diet is a dietary regime that reduces carbohydrates while increasing proteins and especially fats The main purpose of this Diet is to force the body to use fats as a source of energy reducing carbohydrates intake puts your body into a metabolic state called Ketosis where fat both from your diet and your body is burned through energy Chaffles are a versatile bread substitute that can be used for sandwiches pizza bases waffles low carb desserts and so much more Check out the many delicious and creative options for this treat including snacks desserts and low Carb sandwiches [DOWNLOAD KETO CHAFFLE COOKBOOK](#) 100 Easy and Tasty Low Carb Recipes To Help You Live Healthily and Lose Weight While Having Fun Making Delicious Keto Waffles Here's what You'll find What is a Chaffle What is the Keto Diet Breakfast Recipes Vegan and Vegetarian Recipes Sweet and Savory Recipes Snacks Appetizer Recipes Dessert Recipes Don't wait grab your copy now to learn how to prepare the best Keto Chaffle recipes in all their flavors and variations

[The KetoDiet Cookbook](#) Martina Slajerova, 2023-08-31 A wonderful resource for those following a healthy paleo primal low carb diet a wealth of information for successfully implementing a ketogenic diet Lisa MarcAurele founder of LowCarbYum.com More than just a standard cookbook The KetoDiet Cookbook gives you the science behind why keto makes you lose weight and build muscle in addition to 150 recipes You love your Paleo or low carb diet but is it enough to give your metabolism the jolt it needs to really burn off that extra weight and live a healthier life By eating foods higher in good fats moderate protein and little to no carbohydrates you'll feel less hungry Not only that but your body begins to burn fats stores instead of the carbohydrates and glucose that usually bog down your system The KetoDiet Cookbook contains 150 recipes and practical information for living and adhering to a ketogenic lifestyle Martina Slajerova founder of the KetoDiet blog provides a complete guide to the ketogenic diet based on the most recent research Discover the science behind the ketogenic diet and the abundant practical solutions that benefit both beginners and advanced keto dieters Indulge in 150 recipes created to be perfectly compatible with ketogenic low carb high fat gluten free grain free Paleo primal and ancestral diets Recipes featured in The KetoDiet Cookbook are totally free of Grain Sugar Potatoes Legumes Additives artificial sweeteners Unhealthy oils fats Dairy free options are also included With soups

breakfasts appetizers sides and sauces you ll be enjoying delicious meals while giving your body the boost it deserves **Dr. Thaker's Diabetes Care** Dr. Subhash Thaker,2018-12-06 Currently affects more than 371 million people worldwide and expected to affect 552 million by 2030 The real picture is truly grave The associations around world over help people in tackling However their helping hands are falling short Numbers of s are deprived of information on Physicians are unable to gratify worries and queries of their patients due to reasons like lack of time Internet has abundant information but either they are scattered or scanty and sometimes even not reliable In this book author tries to answer numbers of questions in palatable and simple language to decrease the worries and anxiety thereby increasing knowledge Medication for s is in the hand of physicians but the other factors such as diet exercise and stress are within reach of patients If you do not take sugar then how will it come in blood Therefore mainly depends on input of sugar that is carbohydrates Therefore author has given 200 low carbohydrate category wise **Keto Your Way** Julie Smith,2019-09-24 In her new book Keto Your Way Julie Smith shows you how to create a customized plan for adopting a ketogenic lifestyle tailored to your specific needs taste buds and budget With so many ways to approach keto this book provides you with the information and tools you need to find the approach that matches your lifestyle and to make informed food choices that satisfy your unique nutritional needs Julie also teaches you how to eat intuitively and to listen to your body in a way that takes the diet out of keto and makes it about living a life that is sustainable for you With a keto template and Julie s guidance you can lose weight and become your healthiest you As a busy mother of four Julie knows the value of time and the realities of needing to stick to a budget In Keto Your Way she presents more than 140 simple and easy family friendly recipes made with budget friendly ingredients that can be found in just about any grocery store She also offers tips and tricks for overcoming hurdles to achieve lasting success Leave behind the one size fits all approach and embrace keto your way **Extra Easy Keto** Stephanie Laska,2023-05-16 From USA Today and Publisher s Weekly bestselling author Stephanie Laska comes a seven day keto kick start that is extra easy to follow As seen on NBC s Today show and the cover of Woman s World magazine Stephanie Laska shares her secrets to losing 140 pounds If you want to lose weight on a keto ish diet while having a life this is the book for you There are no complex math equations or ridiculous ketogenic rules to follow think simple and stress free Whether you want to start a keto diet fresh or need help getting over a weight loss hump Stephanie Laska is here to help you begin in an Extra Easy Keto way Over seven days Stephanie will lay out a workable plan in bite sized pieces With carb counting cheat sheets and proven meal planning tricks Extra Easy Keto is doable for everyone You can have your sugar free cake and eat it too From cheesy casseroles to low carb cheesecakes fat fueled keto friendly foods satisfy hunger facilitate weight loss and taste great

Unveiling the Power of Verbal Artistry: An Psychological Sojourn through **Low Carb Donut Recipe**

In some sort of inundated with displays and the cacophony of fast conversation, the profound energy and psychological resonance of verbal beauty frequently diminish in to obscurity, eclipsed by the continuous onslaught of sound and distractions. Yet, situated within the musical pages of **Low Carb Donut Recipe**, a charming function of fictional brilliance that pulses with raw feelings, lies an unforgettable journey waiting to be embarked upon. Penned by way of a virtuoso wordsmith, that mesmerizing opus courses readers on a psychological odyssey, gently revealing the latent possible and profound impact embedded within the complicated web of language. Within the heart-wrenching expanse of this evocative examination, we will embark upon an introspective exploration of the book is central themes, dissect their fascinating writing type, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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Table of Contents Low Carb Donut Recipe

1. Understanding the eBook Low Carb Donut Recipe
 - The Rise of Digital Reading Low Carb Donut Recipe
 - Advantages of eBooks Over Traditional Books
2. Identifying Low Carb Donut Recipe
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Low Carb Donut Recipe
 - User-Friendly Interface
4. Exploring eBook Recommendations from Low Carb Donut Recipe
 - Personalized Recommendations

- Low Carb Donut Recipe User Reviews and Ratings
- Low Carb Donut Recipe and Bestseller Lists
- 5. Accessing Low Carb Donut Recipe Free and Paid eBooks
 - Low Carb Donut Recipe Public Domain eBooks
 - Low Carb Donut Recipe eBook Subscription Services
 - Low Carb Donut Recipe Budget-Friendly Options
- 6. Navigating Low Carb Donut Recipe eBook Formats
 - ePub, PDF, MOBI, and More
 - Low Carb Donut Recipe Compatibility with Devices
 - Low Carb Donut Recipe Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Low Carb Donut Recipe
 - Highlighting and Note-Taking Low Carb Donut Recipe
 - Interactive Elements Low Carb Donut Recipe
- 8. Staying Engaged with Low Carb Donut Recipe
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Low Carb Donut Recipe
- 9. Balancing eBooks and Physical Books Low Carb Donut Recipe
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Low Carb Donut Recipe
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Low Carb Donut Recipe
 - Setting Reading Goals Low Carb Donut Recipe
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Low Carb Donut Recipe
 - Fact-Checking eBook Content of Low Carb Donut Recipe

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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