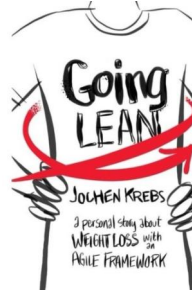# Going Lean: A Personal Story about Weight Loss with an Agile Framework



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(Mr. Demario Trantow)

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