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# **LOW- CHOLESTEROL COOKBOOK**



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**LAURA LIVESEY**

of [TheConfidenceKitchen.com](http://TheConfidenceKitchen.com)

**200 HEART-HEALTHY RECIPES FOR REDUCING  
CHOLESTEROL AND LOSING WEIGHT**



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*To the forward-thinking cardiologists, doctors, and scientists who inspired me to feel confident in my ability to heal my body without prescription drugs. And to my blog readers, whose excitement about their new lease on life motivates me daily.*

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