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Guilt, And Anxiety Around Food By The Co-Creator Of  
The Whole30 By Melissa Hartwig**



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Melissa Hartwig (born March 4, 1974) is an American author and the co-creator of the Whole30, a 30-day nutritional reset program that emphasizes whole foods. Hartwig has co-authored two New York Times bestselling books, It Starts With Food Food Freedom Forever: Letting Go of Bad Habits, Guilt, and Anxiety Around

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