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Laura Dawn is the author of It Takes a Nation (3.57 avg rating, 7 ratings, 1 review, published 2006), Mindful Eating for Dummies (4.00 avg rating,

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LAURA DAWN. Laura Dawn is a Holistic Health Consultant, Raw Food Chef and is the author of "Unhooked, A Holistic Approach to Ending Your Struggle with Food" as well

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