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### **How to have your cake and eat it too |**

Somebody came up with the idea that you cannot have your cake and eat it too. I am not sure where that came from, and I am not exactly sure what it means.

### **Book review: thin side out | my life, your**

Sep 18, 2013 how to have your cake & your skinny jeans too, (binge eating, overeating & dieting) This book also points out that naturally thin people