

**DRONES ROBOTS IN THE SKY**

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# Readers Digest

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January 2014

# REAL DIET FOR REAL PEOPLE

**TIRED OF MIRACLE WEIGHT-LOSS CLAIMS?**

**LEARN TO LOVE HEALTHY HABITS**

**12 WEEKS TO CHANGE YOUR LIFE**

**PLUS**

**AWKWARD MOMENTS** Surviving everyday slip-ups

JANUARY 2014

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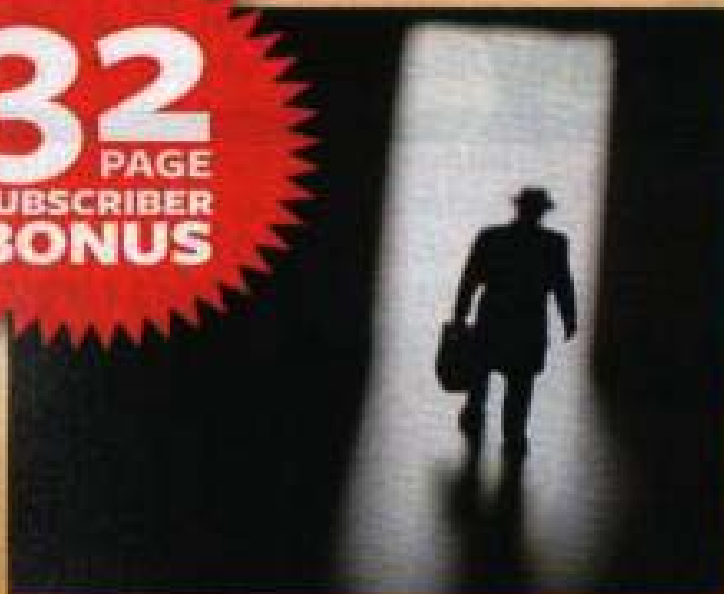
Mark and Jackie Barden try to find solace after losing their seven-year-old son in a shocking shooting ●



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brings you stories and ideas from all over

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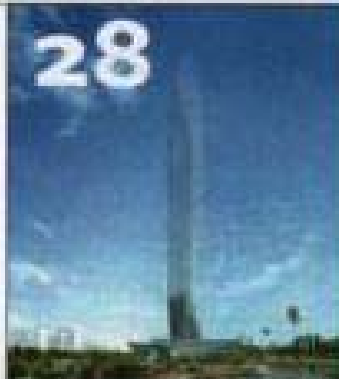
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