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Healthybeat Publishing, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Are you spending hundreds, if not thousands, of dollars on the newest it pill, the hottest go-to piece of exercise equipment or the latest new fad diet despite the fact that the only thing that is permanently shrinking is your wallet? Do you still insist on drastically cutting calories and/or eliminating ever-increasing food choices despite poor results...

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- Authored by Terri Lynn Cole
- Released at 2012

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