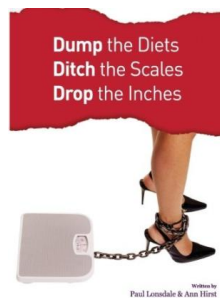


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DUMP THE DIETS, DITCH THE SCALES, DROP THE INCHES



Createspace, United States, 2014. Paperback. Book Condition: New. 234 x 156 mm. Language: English . Brand New Book ***** Print on Demand *****.(You can be forgiven for looking at the book cover and thinking: mmm. 50 shades of fat loss!) So you want to lose some weight? (You're perusing the diet book section - it's hardly a Sherlock Holmes deduction.) But which diet do you go for: low carbs; low fat; meal replacements; protein only; points; blood group;...

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- Authored by MR Paul Lonsdale, Mrs Ann Hirst
- Released at 2014



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