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The Little Book of Thin is full of great tips and strategies for losing weight and actually keeping it off. Love the planning aspect, and Slayton makes it fun too with ideas like "skinny starts sunday".

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Andrea's Wellness Notes The Little Book of Thin

The Little Book of Thin I ve been reading Lauren's Foodtrainers blog for years, and when she announced that she was writing a book I was excited. Lauren is the founder of a New York City nutrition practice, and I really enjoy reading her blog, which covers nutrition as well as other topics.

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