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Conquer the Fat Loss Code book by Wendy Chant

Conquer the Fat-Loss Code follows on from Wendy's previous New York Times bestseller, Crack the Fat Loss Code, taking weight loss to a whole new level. Start by cracking the code to learn the basics, and then move on to conquering the code for more variety. The eating plans vary from her first book, with double accelerated weeks, and grapefruit days.

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