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Michael Roizen and Mehmet Oz, America s most trusted doctor team, are turning their attention back to dieting in this revised edition of their bestselling book on weight loss. When it comes to healthy weight control, management, and bodily happiness, there s only one place you should be looking: in your body. <http://ebookslibrary.club/download/YOU--On-A-Diet-Revised-Edition-simonandschuster-net.pdf>

You on a Diet The Owner's Manual for Waist Management

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You On a Diet The Owner's Manual for Waist Management

Though the title of this book is "YOU on a Diet" - this book is not really a "diet" book, as in how to lose weight fast it is more of a "lifestyle change" book. The premise of the book is this: if you truly understand how your body works, you will be more motivated to eat healthy and exercise.

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