LITTLE BOOK OF THIN



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The Little Book of Thin by Lauren Slayton

About The Little Book of Thin. The ultimate cheat sheet that sets out a workable and flexible plan for successful weight loss to fit every lifestyle and diet choice. In this worst-case diet survival handbook, nutritionist and founder of Foodtrainers, Lauren Slayton offers strategies and tips to avoid the most disastrous diet booby traps. http://ebookslibrary.club/download/The-Little-Book-of-Thin-by-Lauren-Slayton--.pdf

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Little Book of Thin (LBT) is the ultimate healthy eating survival handbook! This pocket-sized book (small enough to carry around in your purse or briefcase because you should have it at all times) doles out helpful tips and tricks to help you avoid any food-related booby traps.

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The Little Book of Thin: Foodtrainers Plan-It-to-Lose-It Solutions for Every Diet Dilemma - Kindle edition by Lauren Slayton. Download it once and read it on your Kindle device, PC, phones or tablets.

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Andrea's Wellness Notes The Little Book of Thin

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. Her brand-new book, The Little Book of Thin, was just released and when the opportunity arose to review the book I jumped at it.

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