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Suzanne Somers' Fast and Easy: Lose Weight the Somersize Way with Quick, Delicious Meals for the Entire Family!

By Somers, Suzanne

Crown Archetype, 2002. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "In the past when I had dieted, I felt starved, but with Somersizing, I felt completely satisfied. If I ever was hungry, I ate without counting calories or doing portion control, and I still lost weight. Now, 2 years later, I am proud to say I have lost 81 pounds. My 'diet' food was also so good that the entire family wanted to eat it. Thanks to this program, I have succeeded beyond what I had dared to dream." Mary S. Barrett "One year after my son was born, I was still 50 pounds overweight and wearing maternity clothes, miserable and disgusted with myself. Changing my eating habits seemed to be too much of a struggle. But losing weight was easy with the Somersize program! I've dropped 40 pounds and have more energy than ever before. And considering the fantastic meals I am able to prepare for my family, we never feel deprived. I'm so glad we're Somersizing together. We are healthier and happier for it." Janet Mikealson-Lenox "The Somersize program was a revelation for me. I used to be the microwave queen. If...



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Reviews

Merely no words to clarify. I could comprehend almost everything using this published e publication. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Lori Terry**

This book is worth getting. Yes, it really is enjoy, continue to an amazing and interesting literature. You can expect to like how the author publish this book.

-- **Prof. Cindy Paucek I**

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Maisy's Christmas Tree

Candlewick, 2014. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: The final scene of the gang caroling around the tree, complete with paper crowns from British Christmas crackers, is delightful. Toddlers celebrating the holiday will enjoy...



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do You Have NO Friends ? Are you tired of not having any friend and being lonely all the time...



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