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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Are you tired of yo-yo dieting? Ready to get off the rollercoaster of fad dieting? We know you ve heard it all before. Eat right and exercise. Burn more calories than you consume. Chocolate cake can still be your friend. But if it was so simple, we d be able to achieve this, right? Wrong. You ve chosen...

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- Released at 2015



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