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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English. Brand new Book. There are as many diets and fads in today's health-conscious world, as there are days in the year. They can be used for all sorts of reasons, not just weight loss, and it's true that many people will try one at some time in their life. It's also true that many will fail to lose any weight at all. One of the things which is...

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- Authored by Rebecca Ricker-Baird
- Released at 2016



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