



## 101 Things to Do Before You Diet: Because Looking Great Isn't Just about Losing Weight

By Spencer, Mimi

Rodale Books, Emmaus, Pa., 2009. Hardcover. Book Condition: New. Dust Jacket Condition: New. Brandi Powell (illustrator). First Hardcover Edition. Brodart protected dust jacket. "Looking great isn't just about losing weight." "Ways to eat. How to cheat. And what to wear." Size: 8.6 x 5.8 x 1 inches.



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