



The UnDiet: Painless Baby Steps to Permanent Weight Loss (Without a Day on a Diet)

By Bronwyn Schweigerdt, Lynne M Ausman

ACW Press. Paperback / softback. Book Condition: new. BRAND NEW, The UnDiet: Painless Baby Steps to Permanent Weight Loss (Without a Day on a Diet), Bronwyn Schweigerdt, Lynne M Ausman, Weight Loss That Works Without a Day on a Diet! The UnDiet is what Americans are waiting for simple secrets that will cause them to lose weight permanently--and painlessly! There is nothing to memorized, nothing to count (fat, calories, carbohydrates.), and nothing to worry about, because it is based on years of scientific literature, including that of the Physician's Committee for Responsible Medicine. The UnDiet empowers readers to change their eating behaviors by offering practical, realistic baby steps to weight loss that work!.



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