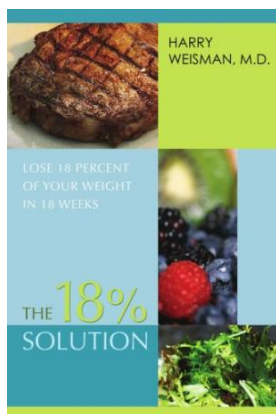


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iUniverse. Paperback. Book Condition: New. Paperback. 142 pages. Dimensions: 8.8in. x 5.9in. x 0.3in. Have you ever struggled to lose weight? Are you a binge-eater? The innovative diet guide *The 18 Solution: Lose 18 Percent of Your Weight in 18 Weeks* shows how those who have struggled unsuccessfully with diets can now control their weight and build self-esteem while binging on healthy foods like fruits and vegetables. Author Harry Weisman, M. D. , never intended to become a diet doctor. But...

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