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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book ***** Print on Demand *****.Low Carb Diet For Beginners 20 Amazing Recipes. How To Lose Weight Fast Without Starving Low carb diets have soared in popularity in recent years, because of their capacity to promote speedy weight loss without making the dieter feel deprived or starved. Indeed, some of the rules of low carb dieting seem to turn conventional weight-loss dogma on...

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