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Snack Yourself Slim

By Richard J Warburg, Tessa Lorient

The Thorn Press, United Kingdom, 2008. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Want to lose those last few pounds, or many more, without counting Calories or feeling hungry? THEN THIS BOOK IS YOUR ANSWER. Finally, here s a non-diet book which gives you the freedom to eat while losing weight, yet does so without the need for Calorie counting or restrictions on the type of food eaten. This gentle, easy-to-follow guide will show you how to change to a lifestyle that will make you slim, happy, healthy and long-lived. Just follow the simple guidelines and be slim for the rest of your life: Eat any food you like Eat so you re never hungry Eat all the time FORGET ALL DIETS.



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