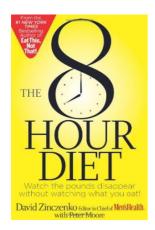
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THE 8-HOUR DIET: WATCH THE POUNDS DISAPPEAR WITHOUT WATCHING WHAT YOU EAT



Rodale Press. Hardcover. Book Condition: New. Hardcover. 288 pages. Dimensions: 9.1in. x 6.2in. x 1.0in.In The 8-Hour Diet, bestselling authors David Zinczenko and Peter Moore present a paradigm-shifting plan that allows readers to eat anything they want, as much as they wantand still strip away 20, 40, 60 pounds, or more. After visits to world-renowned researchers at the Salk Institute, in La Jolla, California, and the National Institute on Aging, in Baltimore, and completing interviews with a dozen other clinical...

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Reviews

Basically no words and phrases to describe. It is really simplified but unexpected situations in the fifty percent of your book. I am delighted to let you know that here is the very best publication i have got go through within my very own lifestyle and might be he greatest publication for actually. -- Watson Kohler

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