A decorative border at the top of the page featuring a repeating pattern of small, stylized floral or leaf motifs.

Stop Dieting and Lose Weight : Learn How to Become Your Ideal Weight Forever

Harris, Dianne

Note: This is no the actual book cover

[Stop Dieting And Lose Weight Paperback By Harris Di](#)

Ellie Savoy



Stop Dieting Amp Lose Weight Paperback By Harris Di:

Stop Dieting and Lose Weight Di Harris, 1999 **The Diet Detox** Brooke Alpert, 2017-12-26 Your diet is making you fat Forget the fads and finally lose weight for good with 10 simple rules and no BS We re addicted to fad diets cleanses and programs that promise miracles in minutes But when diets have expiration dates so do the results After those popular 30 day diets end people slide back into the same bad habits that led them to gain weight in the first place Nationally recognized nutrition expert Brooke Alpert has seen this happen far too often She knows that in order to lose the weight and keep it off you must develop habits that will help you stop dieting and start eating well for the rest of your life not just the rest of the month In **The Diet Detox** Brooke shares the diet advice she would give to her friends Engaging and encouraging this visually friendly easy to use guide lays out a set of 10 simple rules meant to teach people how to eat for lifelong health Along with Brooke s expert advice you ll find A one week kickstart program Nutritionist tested weekly food plans and shopping lists 45 delicious recipes each with no more than 5 ingredients 10 doable effective high intensity interval workouts from one of NYC s top gyms This is not a demanding complicated program that leaves you hanging after you re finished reading this is a lifestyle manual that will help you form healthy eating habits that last the rest of your life **The Diet Detox** is the practical non diet diet book that everyone should read whether they want to lose weight get healthy or just stay that way Brooke s 10 simple rules will be the last you ll ever need stop dieting and take control of your weight and your health for good **Lose Weight Without Dieting or Working Out** JJ Smith, 2014-07-01 Discover the surprising secrets that will help you lose weight fast and keep it off without dieting or exercise with this 1 national bestseller from the author of the healthy living bible 10 Day Green Smoothie Cleanse Want to lose weight without counting calories starving yourself or giving up your favorite foods Would you like to look and feel younger and healthier than ever without crash diets or exhausting exercise Then this book is for you JJ Smith s breakthrough weight loss solution can help you shed pounds fast by detoxifying your body balancing your hormones and speeding up your metabolism You ll learn how toxins slow your metabolism and why sugar and starch hinder permanent weight loss You ll also come to a keen understanding of which foods help you stay slim and which foods cause you to get fat so you can finally get off the rollercoaster ride of weight loss weight gain and stay slim for life You will learn how to Detoxify your body for fast weight loss Drop pounds and inches fast without grueling workouts or starvation Lose up to fifteen pounds in the first three weeks Shed unwanted fat by eating foods you love including carbs Get rid of stubborn belly fat Eat foods that give you glowing radiant skin Use green smoothies to detox Trigger your six fat burning hormones to lose weight effortlessly Eat so you feel energetic and alive every day Get physically active without exercising In a bonus chapter JJ provides an all new green smoothie recipe and tips for using her famed 10 Day Green Smoothie Cleanse to jump start the healthier eating and weight loss plan outlined in **Lose Weight Without Dieting or Working Out** This is your last stop on the way to a new fit and healthy you Create your best body NOW **The Skinny** Louis J. Aronne, M.D., Alisa

Bowman,2009-03-24 Tried diet after diet and still can't lose weight It's time to call the expert In The Skinny Dr Louis Aronne America's top weight loss specialist shares the plan that has worked so well for his many patients Through his friendly guidance you'll finally learn how to stop the weight loss weight gain cycle learn the strategy for feeling full with fewer calories teach your brain to stop craving food learn to put down your fork and automatically push away from the table without counting a single calorie learn what common medications and medical conditions can make you gain weight lose the weight even if nothing else has worked Dr Louis Aronne is the expert whom doctors refer their toughest cases to For more than twenty years he's worked on the front lines of obesity research and treatment The founder and director of the Comprehensive Weight Control Program at New York Presbyterian Hospital Weill Cornell Medical Center he has helped thousands of people achieve lasting weight loss In The Skinny Dr Aronne shows you how to fix your internal biology by adjusting your eating and activity one step at a time Including comprehensive menus restaurant options for every type of food a do it at home strength plan and exercise plans more than fifty low calorie high satisfaction recipes and extensive advice that helps you put the plan into practice this is the only book you'll need to learn how to defeat your hunger and cravings and make the changes to your biochemistry that will keep the weight off for good Are you tired of yo yo dieting Tired of the pain and discomfort of being overweight Do you finally want to feel good about the body you're in Is long term weight loss as important to you as initial short term loss Then you're ready to commit to The Skinny For Real This Time: Lose Weight. Quit Starting Over. Become the Real You. Brian Sherman,2017-03-20 Lose Weight for Good Starting Now Are you tired of trying to lose weight only to give up each time before you reach your goal Are you looking for answers to the hard questions about why losing weight is so hard for you Are you ready to discover what's really going on and how you can finally lose all of the weight with no more heartache shame and repeated giving up and starting over In this conversational and immediate action oriented book Brian Sherman presents a rare and deeply transformational approach to weight loss that will reveal the truth about your weight loss struggles and will walk you through the necessary steps to transform your body from the inside out In For Real This Time you will discover The simple yet rarely used self talk to stay strong in the moments when you want to give in to food so you don't sabotage your healthy efforts The hidden truth about why you really gained weight to begin with How to uncover the root of your overeating and bad habits so you can reveal what the extra weight really represents in your life Why the goals you've set haven't worked and how to set the right goals that lead to real weight loss How to plan for life after weight loss so you don't regain the weight and so you can live life with real purpose For Real This Time will show you why your weight has been a constant battle in your life and how you can finally break free from it For Real This Time will release you from the struggle to be enough so you can let go of the weight and everything it represents For Real This Time will help you discover and become the person underneath the weight the real you It's time to lose weight for good It's time to start right now Read this book and unlock the key to your weight loss success today Stop

Dieting Nicholas Bjorn, 2020-03-28 STOP DIETING ARE YOU SERIOUS ABOUT LOSING WEIGHT AND TIRED OF JUMPING FROM DIET TO DIET THEN THIS BOOK IS FOR YOU Many people struggle with losing weight and with so many diets to choose from each with its own method and restrictions It s no wonder why people struggle The great news is that you can actually stop dieting and eat normal foods to lose weight and also improve your health And this book shares with you how Discover the proven steps and strategies on how you can boost energy and burn fat for healthy weight loss It s no secret that the food we eat has an impact on how our body looks and feels We need to get into the habit of picking nutrient dense foods and make them a lifestyle rather than looking at crash diets for our health requirements this book will clearly and concisely detail everything you need to know to achieve your weight loss goals Here s what s in store for you 10 Nutrition Rules for Boosting Energy Burning Fat Top 10 Herbs and Spices to Help Improve Health and Weight Loss 36 Fat Burning Super Foods The Top 20 Superfoods You Should be Eating 8 Reasons Why You Are Not Losing Body Fat How to Plan Your Meals 15 Tasty Super Food Smoothies Recipes 5 Tasty Super Food Soup Recipes 6 Yummy and Healthy One Bowl Meals 10 Lip Smacking Healthy Desserts If you are truly serious about losing weight and are prepared to make the commitment to eating healthier then grab your copy of this book today *The Take-Control Diet* Ian Smith, 2005-07-05 From the bestselling author of Shred GET OFF THE DIETING ROLLER COASTER NOW AND FOREVER You already know that fad diets don t work But that doesn t mean you can t lose weight Here at last is a science based diet that will give you the body you want The secret is to work with your body not against it Exploding the many diet myths on the market Dr Ian Smith gives you the knowledge you need to solve your weight problem permanently For instance did you know that eating too much protein damages your health That starvation and deprivation slow your metabolism That it is impossible to convert fat to muscle Here Dr Smith not only explains the true causes of overweight but demonstrates how metabolism and genetics factor in to weight control He shows you how to design your own eating and exercise plan to accommodate your preferences your routines and your particular weight goals The plan includes vital information on feel full foods proven strategies to optimize your metabolism effective ways to exercise that get results With a 30 day menu and exercise program customized to your needs The Take Control Diet is the last weight loss book you will ever need **Kiss Dieting Goodbye** Elliott Young, 2007-01-01 Are you sick and tired of the ups and downs of the dieting roller coaster If you re one of the 50 million Americans who go on diets every year spending 40 billion in the process you may be ready to scream Stop Personal trainer and former dieting extremist Elliott Young shows you simple and effective steps to ditch the quick fix dieting mentality and embrace healthy living As you move toward long term lifestyle transformation change that leads to both weight loss and well being you ll learn how to embrace random acts of movement and incorporate exercise into your life eat nutrient rich foods while learning new secrets to portion control reap the emotional and spiritual rewards of real change Elliott s inspiring stories strategies for exercise and eating and realistic proven Solutions invite you to be truly fit in mind body and soul So go on an undiet and finally kiss dieting goodbye Book

jacket Allen Carr's Easyweigh to Lose Weight Allen Carr,1999-12-02 Lose weight and feel great in 2020 _____ Allen Carr international bestselling author of The Easy Way to Stop Smoking helps you to take off the pounds in no time without dieting calorie counting or using will power His revolutionary eating plan allows you to enjoy food and savour flavours all while you re losing weight You ll be able to Eat your favourite foods Follow your natural instincts Avoid guilt remorse and other bad feelings Avoid worrying about digestive ailments or feeling faint Learn to re educate your taste Let your appetite guide your diet A happy reader says I ve found the answer I ve been looking for for 20 years I ve done every diet you can think of My sister urged me to buy the book and I m so glad I did It isn t someone telling you what to do it isn t a weird eating plan IT ISN T A DIET There s no guilt There s no stuggle There s no restrictions You just know what to do and you know you want to do it and why _____ Allen Carr was an accountant who smoked 100 cigarettes a day until he discovered EASYWAY Having cured his own addiction he went on to write a series of bestselling books most famously The Easy Way to Stop Smoking His books have sold more than 13 million copies worldwide Allen s lasting legacy is a dynamic ongoing global publishing programme and an ever expanding worldwide network of clinics which help treat a range of issues including smoking weight alcohol and drug addiction **The Dirty Diet** Kate Harrison,2018-03-22 Lose up to 14lbs in just 28 days WHILST eating cheese and drinking wine From Kate Harrison the bestselling author behind the 5 2 Diet Book series comes the brand new 4 week plan that will have you losing weight for good without cutting out the foods you love The Dirty Diet combines the revolutionary successes of fasting with the latest scientific findings about gut health What does this mean Results Eat 600 700 calories two or three days a week and 1800 calories for the rest using Kate s delicious recipes and meal plans and you ll not only be losing weight but be feeling rejuvenated and healthier too With recipes including Fuss free Eggs Royale Fast Flatbread Pizza and Chicken Pasta Bake you ll also discover how certain foods help you absorb nutrients without the calories how to look after your gut health so your digestion is improved how to harness the secrets of cultures where people live to ripe old ages and how you can drink wine and eat cheese without ruining your weight loss plan In short discover a plan that is not only sustainable and achievable but celebrates food in all its glory So whether you re sick of the limiting clean eating diets or you just love food if you re after a sustainable plan that will deliver the results you need the Dirty Diet is for you **Rapid Weight Loss** Stephanie Fasting,2020-10-11 Are you trying every diet out there but end up regaining even more weight feeling tired and unmotivated because you don t see any progress wondering how some people are so effortlessly slim Then read on to discover the ultimate weight loss secret Did you know that most of our behaviors run on autopilot and this includes our eating and physical activity habits You can literally automate healthy eating and a gym routine and lose weight without applying much conscious effort Sounds good And what if you could completely reprogram your habits in just 30 days This book will help you do it It offers a holistic approach to weight loss Instead of counting grams of carbs or trying to sell you some dubious shakes it focuses on the habits that make up the core of your everyday life Here s

what you'll do as you go through the book Lay out a unique action plan specifically tailored to your needs goals and current situation Hack your mind and your life so you eat healthy on autopilot and ALWAYS have time for a motivating workout Defeat procrastination set bulletproof fitness goals and achieve them Greatly improve your quality of life as you regain energy and stop being hungry and tired all the time LOSE THAT WEIGHT You'll be as effortlessly slim as those people you secretly envy You'll be full of energy your willpower won't be drained by desperately resisting that pizza and regular physical activity will make your heart bones and metabolism much healthier Don't miss this unique chance to get your dream body Get Your Copy Now *THE DON'T DIET PLAN* Kavita Devgan, 2021-10-10 A ground breaking book for sustainable permanent weight loss Are you exhausted from thinking about your weight all the time Do you stay on your diet for a while only to find yourself binge eating after a few days Or are you unhappy with your eating habits and curious about a better way to fuel your body If the answer is yes to any of the above The Don't Diet Plan is for you Say goodbye to fad diets restrictive eating or other forced behaviours that do not come naturally to you Weight loss is a journey that must be traversed with patience over time just like you gained weight over time In this book you will learn how to lose weight in a sustainable permanent way stop living in the fear of food make small changes that would lead to big paybacks draw from your ancestors about hearty eating habits Bestselling author Kavita Devgan offers strategies that she has tried and tested as a practising weight loss consultant with over thousands of patients With her practical advice that are easily inculcated you will be able to make simple lifestyle changes that will lead to a more vibrant confident and healthier you **Dr. Shapiro's Picture Perfect Weight Loss** Howard M. Shapiro, 2000-04-08 The secret to taking off those hated pounds I lost 25 pounds living up to Dr Shapiro's simple plan for reducing my waistline What worked for me were the visual aids a picture can be worth 1 000 calories They don't call him the Prince of Pounds for nothing Dennis Duggan Pulitzer prize winning columnist Newsday Dr Shapiro proves that great eating and weight loss can go hand in hand if you make the right choices Starting the day right eating out for pleasure or business enjoying a snack or even a chocolate indulgence it can all be done without gaining weight if you follow the picture perfect guidelines in this book Dr Shapiro's proven program of Food Awareness Training empowers you to take charge of your eating You can stop depriving yourself stop feeling guilty and stop dieting Whether you want to lose 100 pounds or want to maintain the healthy weight you have now here are the images that will instantly change your habits for life Dr Shapiro brings an important new approach to weight control This book allows the reader to get the picture of a personal eating plan for healthy living George L Blackburn M D Ph D Harvard Medical School In 40 years of reading and evaluating writing on obesity and nutrition this is one of the most clearly written books I have ever read The photographs are indeed an innovation in understanding the details and personal applications of Dr Shapiro's approach Maria Day Simonson Sc D Ph D director the Johns Hopkins Health Weight and Stress Clinic Dr Shapiro has written the definitive book about making intelligent eating choices The photos are truly a revelation and the book's commonsense approach makes it

accessible to everyone Drew Nieporent restaurateur A visual and effective book that is for everybody It gets a very important message across in a wonderfully simple way Denise Austin host of Lifetime TV's Daily Workout As a dietitian I like seeing in pictures what we have been telling people for years Here is some basic sound information that everyone can benefit from Franca Alphin R D administrative director Duke University Diet and Fitness Center A startling book that taught me more about nutrition than I had learned in 4 years at medical school 5 years of postgraduate training and 30 years of orthopedic practice This book is a must read for most all physicians as well as their patients Marvin S Gilbert M D Manhattan Orthopedic and Sports Medicine Group A very simple but potent tool for helping people make changes without diets or resistance to any food The approach is a win win Susan Olson Ph D clinical psychologist and coauthor of Keeping It Off Winning at Weight Loss *The Truth About Weight Loss* WELL. BOOST, 2025-02-06 Stop Wasting Time on Weight Loss Myths Tired of trying every diet and workout plan only to see little to no results The weight loss industry is filled with misinformation quick fix gimmicks and unrealistic expectations It's time to cut through the noise and focus on what actually works Most people struggle with weight loss because they follow outdated advice that doesn't align with how the body truly burns fat This book breaks down the science behind effective sustainable weight loss so you can stop wasting time on things that don't work Learn the real factors behind fat loss beyond just calories in vs calories out Discover which foods help burn fat and which ones make it harder Find out the truth about exercise what's necessary and what's optional Break through weight loss plateaus and avoid regaining lost weight Develop long term habits that make weight loss feel effortless No gimmicks no extreme restrictions just practical science backed strategies that help you lose weight and keep it off *The Ultimate Diet Book* Shelbey Andersen, 2018-02-26 Get this unique combo of dieting books for a low price now Book 1 The Alkaline Diet theory is based on the fact that the pH of our bodies is a little alkaline and according to that the ingredients of your supposed diet should be put together In this guide you'll learn about all the benefits tricks shortcuts and necessary know how of the Alkaline Diet Book 2 The Mediterranean diet has become a popular way of living and eating among even those outside of this European region Reasons for doing so are not scarce The Mediterranean diet is based on healthy oils and fats and natural fruits that nature provides for us Those who have studied this healthy lifestyle have become accustomed with its pros and cons Learn the benefits and the foods you should include in your diet by reading through this quick guide and finding out for yourself what can make your body tick better Book 3 You may be wondering how you can eat a lot of food and lose weight at the same time But it's possible The negative calorie diet allows you to eat full meals and snacks without adding all that undesired weight Book 4 One of the best ways to feel more energetic and happier is to remove the addictive substance of sugar from your diet With this book you'll see how you can quit sugar altogether In this book you will find the best delicious recipes to stop the cravings and detox from something that makes people sick in our western society Sugar With more natural foods in your system you'll be able to create substitutes and avoid the worst things for your body Change

your eating habits today We ll discuss all the details in this book Book 5 The Pescatarian diet has become more popular but ironically enough there are only a limited number of people who see the value in it Maybe they are just ignorant but you know better Pescatarian simply means vegetarian plus fish and since fish is extremely healthy why not Fish and veggies are nutritious safe and have helped numerous people lose weight In this cookbook you will find a brief explanation of the diet on the first few pages and then you can feast your eyes on 48 delicious finger licking recipes without using meat but with fish Book 6 The Renal Diet is based on helping people with their kidney infections diseases and other problems A lot of us can become overwhelmed when there are limitations on our freedom to eat whatever we want We then need to balance out the pros and cons of each nutrient value the health versus flavor factors and much more Knowledge is power and when you know what to eat and what to avoid and why that s probably what matters most you ll be safe happier more energetic and perhaps you ll even live longer Book 7 Many people have wondered about the significance of carb cycling They cut down on their carbohydrates like crazy And for some it shows that it works Others however struggle to figure out which way to do it Some almost starve themselves to death while others give up and figure that your body needs carbs anyway which is true by the way But is there a way to use a carb cycling system to benefit you The answer is YES In this book there will be an explanation as to how and why Book 8 If you ve been wondering about whether or not the flexitarian diet is good for you then take a look at this brief guide meal plan You will learn what it s all about how it s different from other diets the types of vegetarian eating and the flexitarian lifestyle On top of that you ll see a list and explanation of all the foods that you should eat or shouldn t eat as a flexitarian diet follower Don t wait and check it out

Stop Dieting Start Living Ellie Savoy,2017-09-10 Discover the real secret to lose weight fast and keep it off Have you been eating all the right healthy foods and just can t seem to lose the weight Has your weight been a burden and constantly on your mind You re not alone and it s not your fault Whether you know it or not the odds are stacked against you In this groundbreaking book author Ellie Savoy explains the Powerful 5 P s for Permanent Weight Loss and finding freedom from food Ellie takes your hand and leads you step by step through the same process that has helped her and many women around the country lose the weight for good and regain their health in as little as TWO weeks This eye opening book pinpoints the real reason diets don t work and why they actually contribute to your continued weight gain By getting off the dieting roller coaster you will finally be able to stack the odds in your favor lose weight and stay slim and healthy for life If you follow this process this can and will work for you too Prepare to Get back your energy Stop the aches and pains Lose the bloat Transform your health Get off the medications Lose the weight fast and forever

[Magic Words for Losing the Weight](#) Walter Leonard Kann,2020-05-24 Magic Words for Losing the Weight is the last weight loss book that you ll ever need Whether you are a man or woman need to lose 200 pounds or 50 have tried everything to lose weight or are trying to lose weight for the first time you can benefit from this concise enjoyable informative book Using scientific information and a 21 day instruction plan this book will take you on a journey of self

discovery and affirmation that will inevitably lead to you actually losing weight If you re in need of some coaching on how to lose weight look no further the final weight loss solution is here Maybe you ve been trying to lose weight for years and have no success There s nothing quite so discouraging as trying so hard and still not getting the results you need Unfortunately too many people are unaware of the mental process of weight loss Accordingly they focus on the wrong areas and end up sabotaging their processes You don t have to be like those people You can see real change without all the crazy diets Never crash diet again Numerous men and women struggle to learn how to lose weight but look no further because the solution detailed in this book is simple It requires time and effort but it is discussed in an easy to understand manner that can be accomplished by anyone Using real stories you ll be able to visualize how people have used this technique to create dramatic before and after transformations Further the book will guide your progress and give you tips along the way It will guide you using tools like journaling and meditation to help you track your progress and become in tune with yourself Your body and your mind must work together for this to work which is what sets this book apart from all others The 21 day plan is the absolute best way to lose weight because not only does it give faster results than many diets it gives more permanent results Thus you won t be back up to your before weight in just a few months or years If you re sick of feeling bad about your body and want to stop trying to lose weight Magic Words for Losing the Weight has all the answers to your dieting woes Plus it will show you how to feel more confident about yourself no matter your size This book will show you how to Lose weight and keep that weight off forever Stop diet cycling for good and keep your ideal body forever Be content with your body as it is right now Find confidence in yourself Use neuroscience to help you lose weight Be part of the elite 5% of people who lose weight and keep it off Continue to eat the foods you ve love while still losing weight Follow a 21 day habit changing plan Create manageable and permanent good habits Like yourself after years of self hate Stop being afraid of failure Talk to yourself with kind words Use tools like journaling and self reflection for the better Change your life today **Stop Dieting and Start**

Eating Tony Bednarowski,2016-07-15 WARNING After reading this book you will never look at diets calories food labels or the foods you choose to eat the same ever again It s time to set the record straight This is not a book about dieting because it s evident that diets don t work we ve seen it or experienced it over and over again This book is about understanding how food works within our body how certain foods will keep you healthy while others will contribute to your weight and health issues It s about making the right choices and never feeling hungry or deprived in the process Stop Dieting Start Eating will teach you Why counting calories makes no sense What foods trigger weight gain and what foods stimulate weight loss Why cutting your calories may actually make your body hoard fat What five ingredients in our foods are creating major hormonal disruption How much protein carbohydrates fat fiber and water your body really needs And so much more **Lose Weight Healthily** Louise Smith,2012-06-12 We must understand certain words in our diet what they mean what they do and what a balanced diet is Well now you will never have to count calories again You can maintain your weight and still have a healthy lifestyle

The secret is not what or how much you eat Do you hate counting calories Do you want to never count them again but still lose weight Instead of wasting time with fad diets and calorie counting you ll find that this book will be the only tool you need to lose weight Don t starve yourself instead eat your way to perfect health and your perfect weight Losing weight doesn t have to mean eliminating a food group from your diet altogether Addressing important topics like calories fats enzymes and more practical topics like which foods help burn fat faster Louise Smith has written what is sure to be your go to book when planning meals and attacking your weight loss plan Informative helpful and useful this book will keep you entertained and informed as you watch the number on the scale drop **Whole Weigh** Charlotte Denny Henley, 2012-07-01 How many diets have you been on And how many times did you take weight off and put it back on Dieting has more than a 90% failure rate So why try another diet This book is jam packed with information about the futility of dieting and guides you to a more holistic way of relating to yourself food and physical activity In this book you will learn The 7 reasons why diets set you up to fail The 3 core strategies to escape chronic dieting The 7 dimensions of whole living The 3 practices for optimal health The book also raises questions about the theory of emotional eating and warns of an increase in eating disorders as the war on obesity escalates While reading this book you will have many ah ha moments that will bring you inner peace self confidence and free you from the perils of dieting

Whispering the Secrets of Language: An Mental Quest through **Stop Dieting Amp Lose Weight Paperback By Harris Di**

In a digitally-driven earth wherever screens reign great and instant transmission drowns out the subtleties of language, the profound strategies and mental nuances hidden within phrases frequently go unheard. Yet, nestled within the pages of **Stop Dieting Amp Lose Weight Paperback By Harris Di** a fascinating literary treasure pulsing with organic feelings, lies an extraordinary journey waiting to be undertaken. Written by a skilled wordsmith, that marvelous opus encourages viewers on an introspective journey, gently unraveling the veiled truths and profound affect resonating within the very cloth of each word. Within the psychological depths of this emotional evaluation, we will embark upon a heartfelt exploration of the book is primary subjects, dissect their interesting writing type, and yield to the powerful resonance it evokes strong within the recesses of readers hearts.

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Stop Dieting Amp Lose Weight Paperback By Harris Di Introduction

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