

Canadian Weight-Loss Program

# *Slim Forever*

## **THE counterweight. PROGRAM & COOKBOOK**

by the staff and members of  
the Counterweight organization



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For the first time in book form - the successful weight-loss  
program, which has helped thousands of Canadians take off  
weight and keep it off - forever!

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# Slim Forever The Counterweight Program Cookbook

**ML Yell**



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