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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Success Subtlety. It has been proven that you will have more success with your diet if you track your meals and snacks. But you don't always want to broadcast to the world that you are dieting, so this Discreet Food Log for Diet Success has a plain cover and a convenient pocket/purse size (5 x 8)....

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- Authored by Jean Legrand
- Released at 2015



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