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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book ***** Print on Demand *****.Eat More, Weigh Less Dieting sucks. The hunger. The cravings. Feeling like those cookies in the cupboard are calling your name. We all hate it, but we all do it. Because we ve been told that we need to do it if we want to lose fat and drop the pounds. Then comes the confusing...

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- Authored by Peter Paulson
- Released at 2015



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