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Andrea's Wellness Notes The Little Book of Thin

I love that the book is truly a little book and that it is filled with useful information without any extra fluff. Lauren starts off by pointing out that it often isn't lack of nutrition knowledge that keeps us from being thin.

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The Little Book Of Thin Diana Huff Painter Writer

The Little Book Of Thin i had a delightful time with lauren slayton ms, rd (founder of foodtrainers, a nutritional practice nyc) and her agent lauren galit. we each contributed something different to this project. the goal was to get the key points of proper diet, exercise and weight loss with encouragement and humor.

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The Little Book of Thin Foodtrainers Plan It to Lose It

The Little Book of Thin: Foodtrainers Plan-It-to-Lose-It Solutions for Every Diet Dilemma [Lauren Slayton] on Amazon.com. *FREE* shipping on qualifying offers. The ultimate cheat sheet that sets out a workable and flexible plan for successful weight loss to fit every lifestyle and diet choice. In this worst-case diet survival handbook

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