



10 Habits That Mess Up a Woman's Diet, 3-cd set: Simple Strategies to Eat Right, Lose Weight & Reclaim Your Health

Elizabeth Somer

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This witty, informative book pinpoints the most common downfalls facing dieting women, and offers easy, everyday solutions. It includes real-life stories every woman can identify with. By following the advice in this book, any woman can learn to eat healthfully, lose weight, and turn her life around - one habit at a time.

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