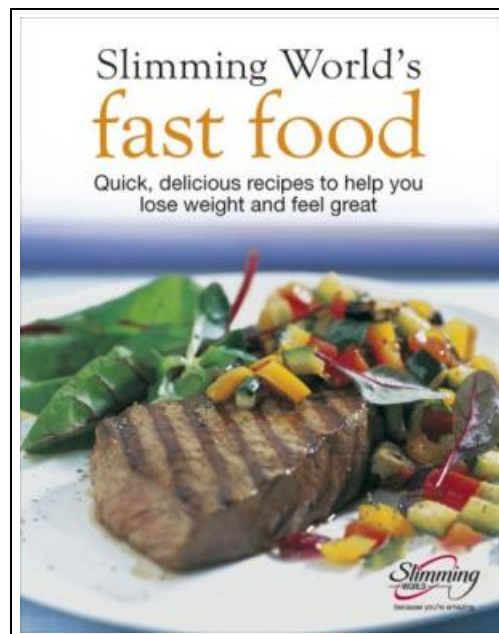


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Reviews

This book is definitely not easy to get going on reading through but extremely exciting to see. I am quite late in start reading this one, but better then never. I am pleased to explain how here is the finest book i actually have read inside my individual daily life and may be he best book for ever.

(Mrs. Ellie Yost II)

SLIMMING WORLD" FAST FOOD



Ebury Press. Condition: New. 2002. Hardcover. The "Slimming World" system gives you plenty to eat and no forbidden foods. This successful weight-loss technique encourages you towards a healthier style of eating for life, rather than for short-term weight loss. Each of these 120 recipes takes less than 30 minutes to prepare. Num Pages: 224 pages, 69 colour halftones. BIC Classification: VFMD; WBH. Category: (G) General (US: Trade). Dimension: 259 x 200 x 21. Weight in Grams: 934. Books ship from the US and Ireland.



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