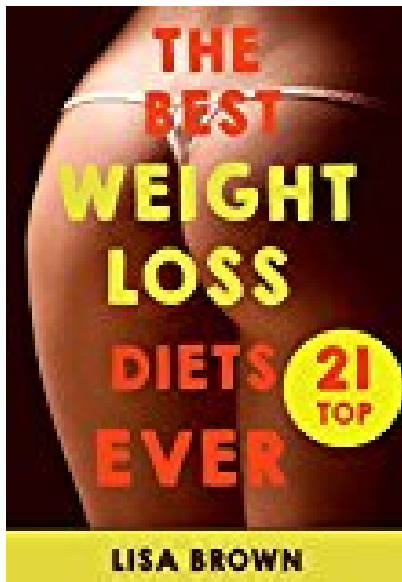


# Top 21 The Best Weight-Loss Diets Ever!

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## BOOK DETAILS

- Author : Lisa Brown
- Pages : 28 Pages
- Publisher :
- Language : English
- ISBN :

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## BOOK SYNOPSIS

"Blending personal wisdom with professional training and experience, Elle shares her insight and provides strategies for achieving and maintaining a healthy weight. Also included in these top ten tips is a little food for thought as the author explores some of today's concerns around food quality and production." --Back cover.

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