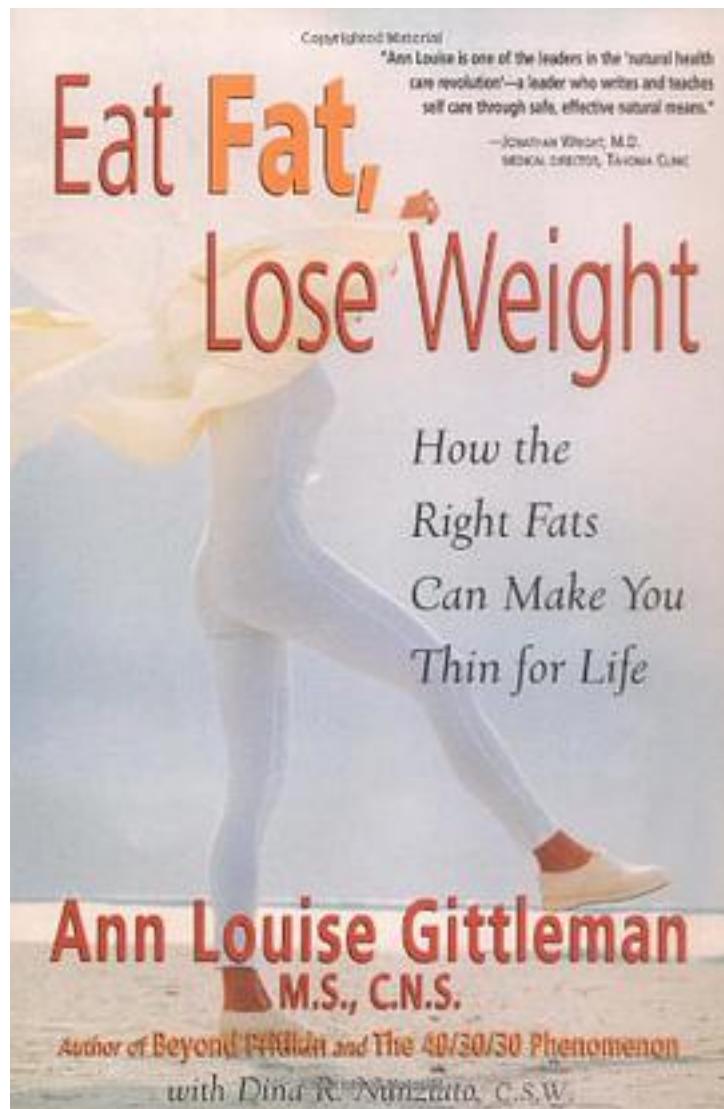


# Eat Fat, Lose Weight



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Ann Louise Gittleman, bestselling author of "Beyond Pritikin" and "The 40/30/30 Phenomenon" helps us establish which fats are good for us, how much we need and which ones we should eat daily to help us burn fat and keep weight off. An easy weight loss and maintenance program to balance our diets naturally and safely is included.

作者介绍:

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