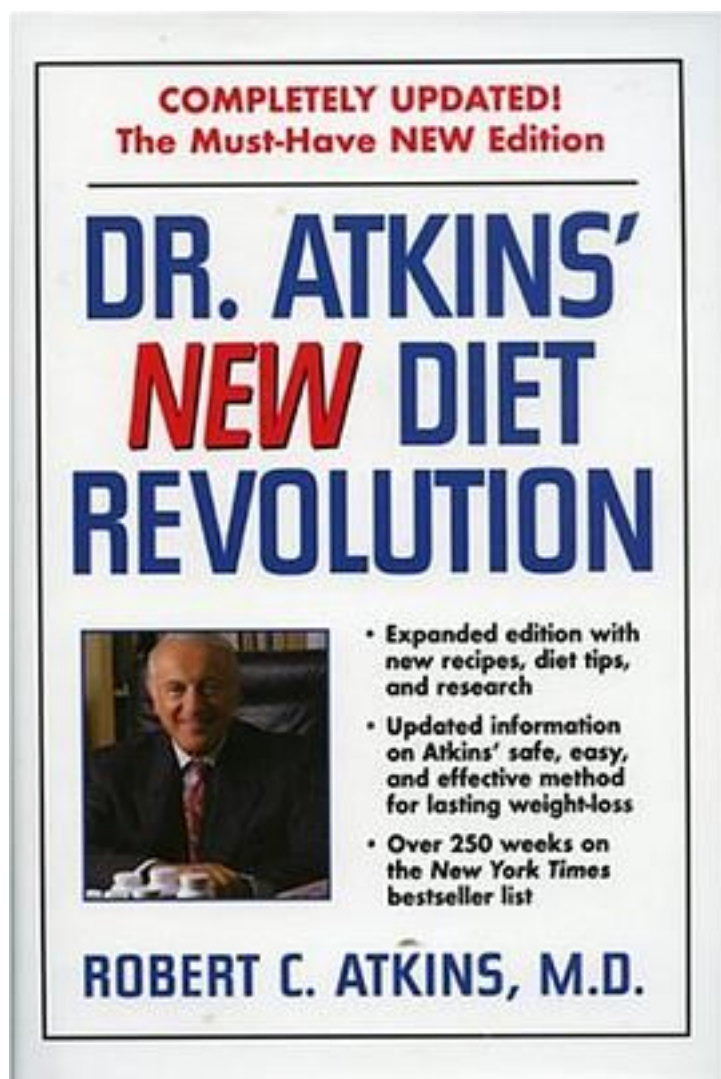


Dr. Atkins' New Diet Revolution, Revised Edition



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出版者:M.Evans

出版时间:2003-09-25

装帧:Hardcover

isbn:9781590770023

With dozens of tips to make doing Atkins easier--at home and elsewhere--this revised classic contains the basic Atkins diet enhanced by new explanations of the underlying theories. Includes new charts in a special exercise chapter and 100 recipes.

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