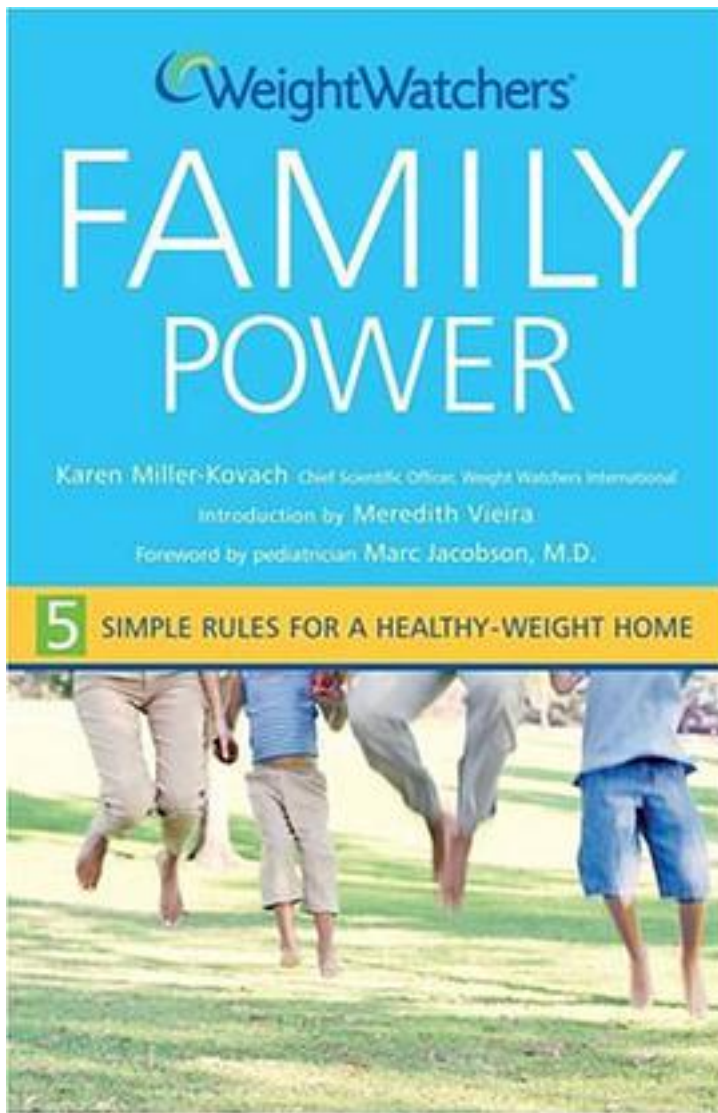


# Weight Watchers Family Power



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出版者:John Wiley & Sons Inc

出版时间:2005-11

装帧:HRD

isbn:9780471771029

For the first time, "Family Power" provides a revolutionary program that gives you proven, practical solutions for achieving a healthy weight and maintaining it as a family. Filled with the motivational stories of families who have achieved healthy-weight homes as well as expert advice from their coaches, Family Power gets your family up, moving, and improving health together as no other book ever has before.

作者介绍:

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