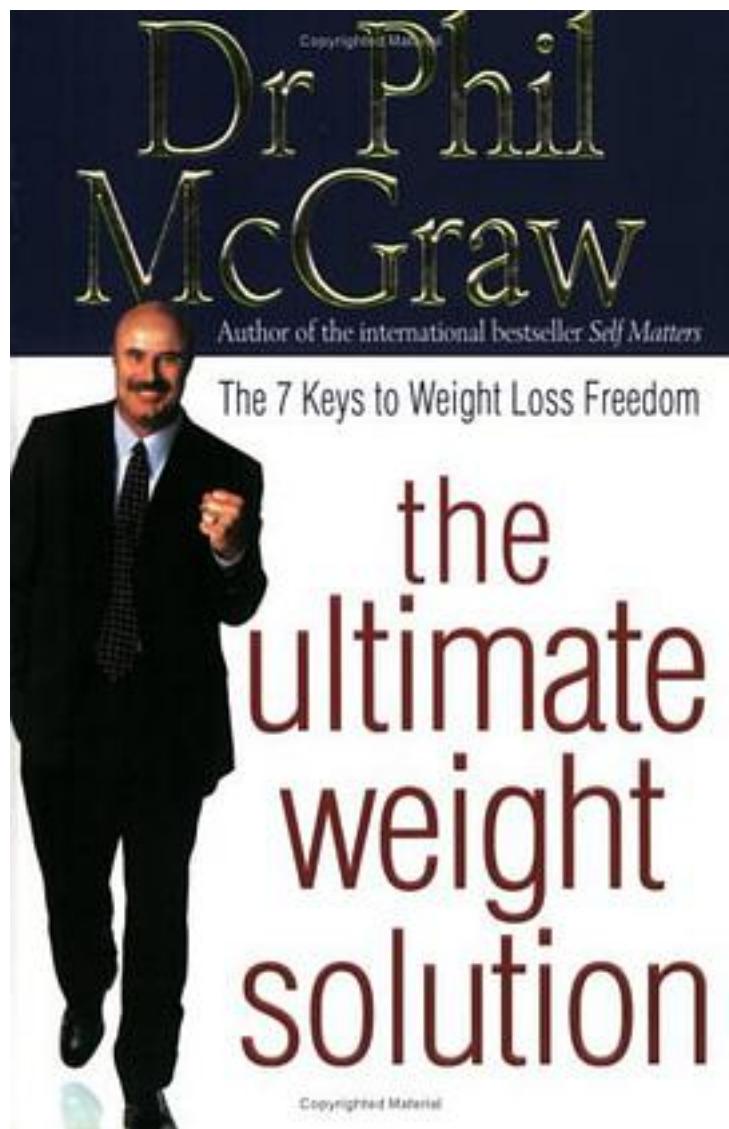


The Ultimate Weight Solution



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DR. PHIL McGRAW'S #1 BESTSELLING PHENOMENON IS CHANGING MILLIONS OF LIVES -- FREE YOURSELF FROM DIETS THAT DON'T WORK AND DISCOVER THE ULTIMATE WEIGHT SOLUTION You have made the decision to take control of your weight. Dr. Phil McGraw's powerful bestseller gives you the tools for life-changing weight loss. If you're ready to get real about your weight, if you want to end the frustration of the diet cycle, you have found the ultimate solution -- The Ultimate Weight Solution. This groundbreaking, scientifically sound plan is a step-by-step, personalized approach that transforms you from the inside out, as you gain control over your: food habits and emotional eating traps portion control exercise and lifestyle choices restaurant and social dining strategies for right thinking daily food plan with sample menus ...and more! It's your health, it's your life, it's your decision.

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