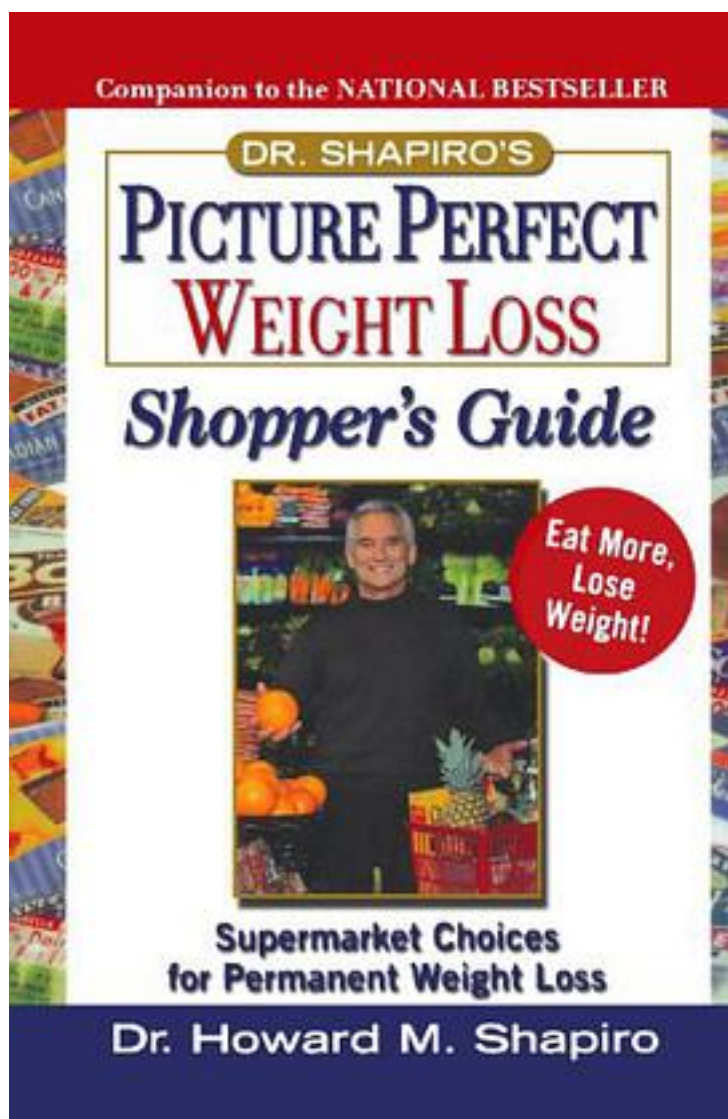


Dr Shapiros Picture Perfect Weight Loss Shoppers G



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One dry bagel or an English muffin and jam? An envelope of chicken noodle soup or a can of black bean soup? Nationally acclaimed author Dr. Howard Shapiro will help you choose. This invaluable companion to the best-selling "Dr. Shapiro's Picture Perfect Weight Loss" will lead you straight to the great-tasting brand-name foods you need to help you lose weight for good. Dr. Shapiro shows you how easy it is to choose healthy foods that you will love-- the ones that fit into your lifestyle, whether you skip meals, eat on the run, or love to spend time in your kitchen. With "Dr. Shapiro's Picture Perfect Weight Loss Shopper's Guide," deprivation and dieting will become things of the past. You'll never want to go to the supermarket without it.

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