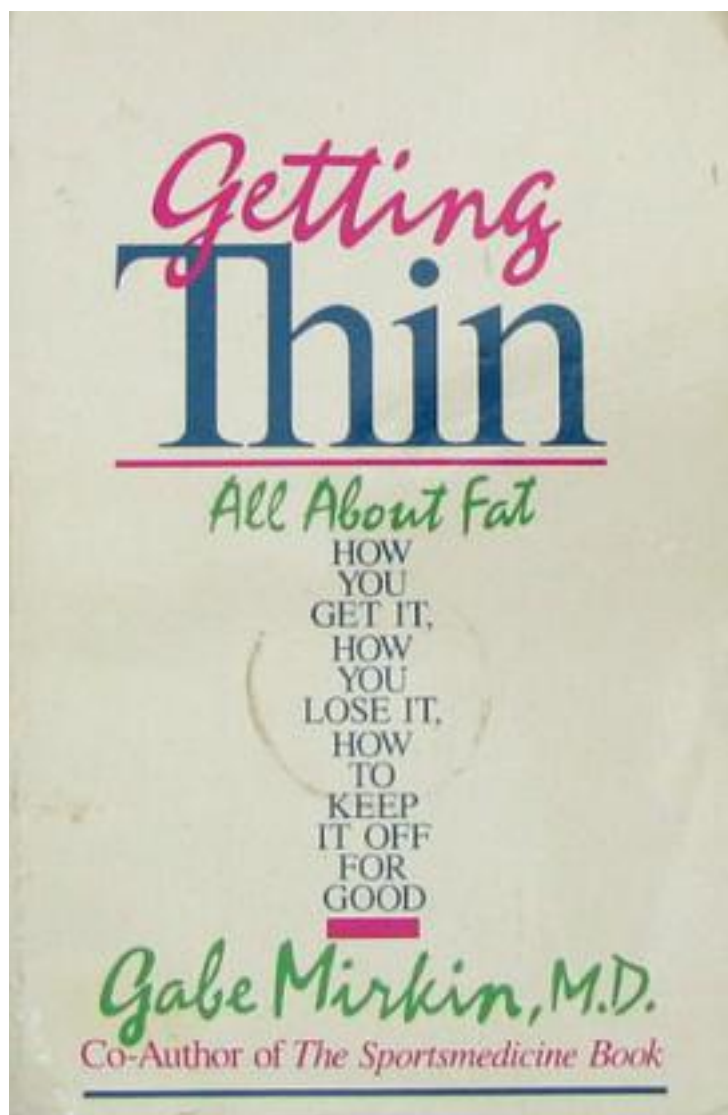


# Getting Thin



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Before embarking on any diet or exercise program, including those suggested in this book, it is a good idea to check with your physician to see if you have any condition that might be aggravated by a reducing diet or strenuous exercise.

作者介绍:

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