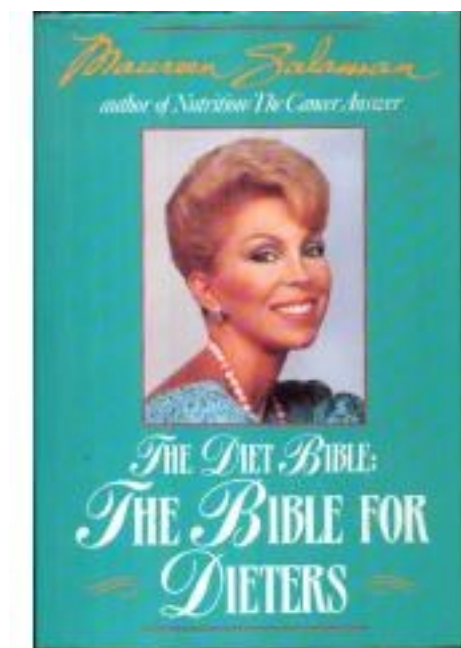


Diet Bible: The Bible for Dieters



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Tired of fad diets? With an adherence to the biblical principles detailed in this book, thousands of people have discovered the formula for losing unwanted pounds and keeping them off. These nutritional guidelines are thousands of years old and have been proven to be the correct approach to weight reduction by today's nutritionists.

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