

How to Become Naturally Thin by Eating More The Anti-Diet Book



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The 65, 000-copy small press sensation (the first printing sold out in four weeks) that everyone is talking about. Jean Antonello, a specialist in eating disorders and obesity, exposes the real reason why people are overweight. Readers will learn how to listen to their bodies and turn a fat body into a naturally thin one without deprivation. TP: Avon.

作者介绍:

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