

Asian Slim Secrets

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“If you are ready to become slim, trim, energized & healthier using the ancient wisdom of Asia, read this book and use it now.”
— Mark Victor Hansen, Co-creator, #1 New York Times Best-selling series *Chicken Soup for the Soul*™

ASIAN SLIM SECRETS

Enjoy Food,
Stay Slim,
Naturally! 

The easy way
to weight control,
proven by
billions of Asians

Linda Yo

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Author and certified weight consultant Linda Yo gained 25 pounds in 3 months when she moved from Asia to the U.S. She failed at every weight-loss method before finally getting results by returning to Asian eating habits. In this book reader will discover - How to enjoy food and stay slim naturally - Appetizers that soothe their hunger - How to enjoy meat and avoid the fat - Why eating salad won't make them slim - Healthy and delicious snack and dessert

作者介绍:

目录:

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