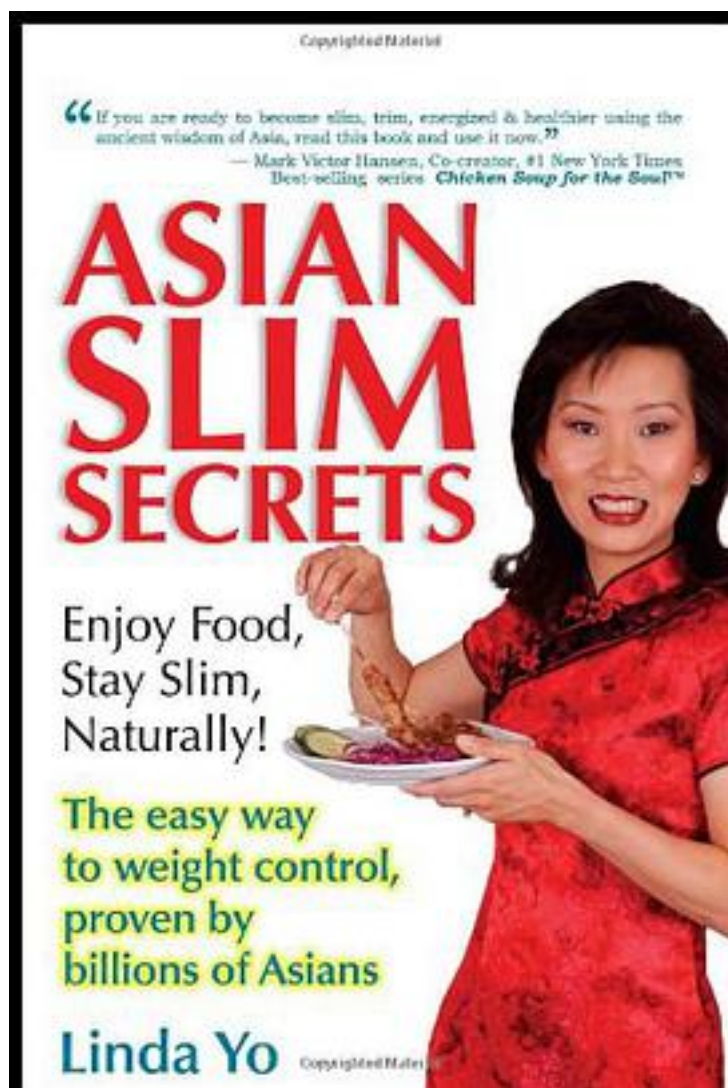


Asian Slim Secrets



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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:

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