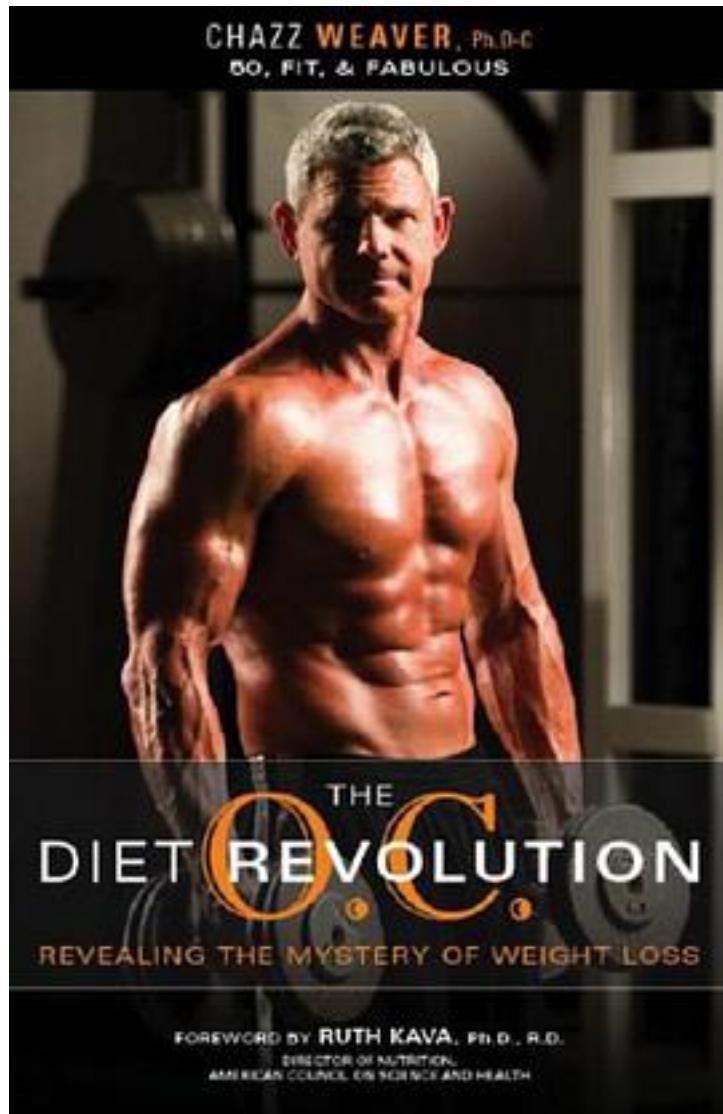


The OC Diet Revolution



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著者:Weaver, Chazz

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Do you want to lose weight and keep it off? Are you fed up with the outright lies of the diet industry and fitness gurus? Galvanized by thier deceptions, author Chazz Weaver not only tells you the truth in his new book, he lives it. Chazz has been conducting extensive research in the areas of health and fitness for over 25 years, and at the age of 50 he has a health and fitness level that surpasses many 20- and 30-year-olds today. The OC Diet Revolution explains how to develop a framework for your individual needs so you can achieve the results you want without giving up the foods you love.

作者介绍:

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