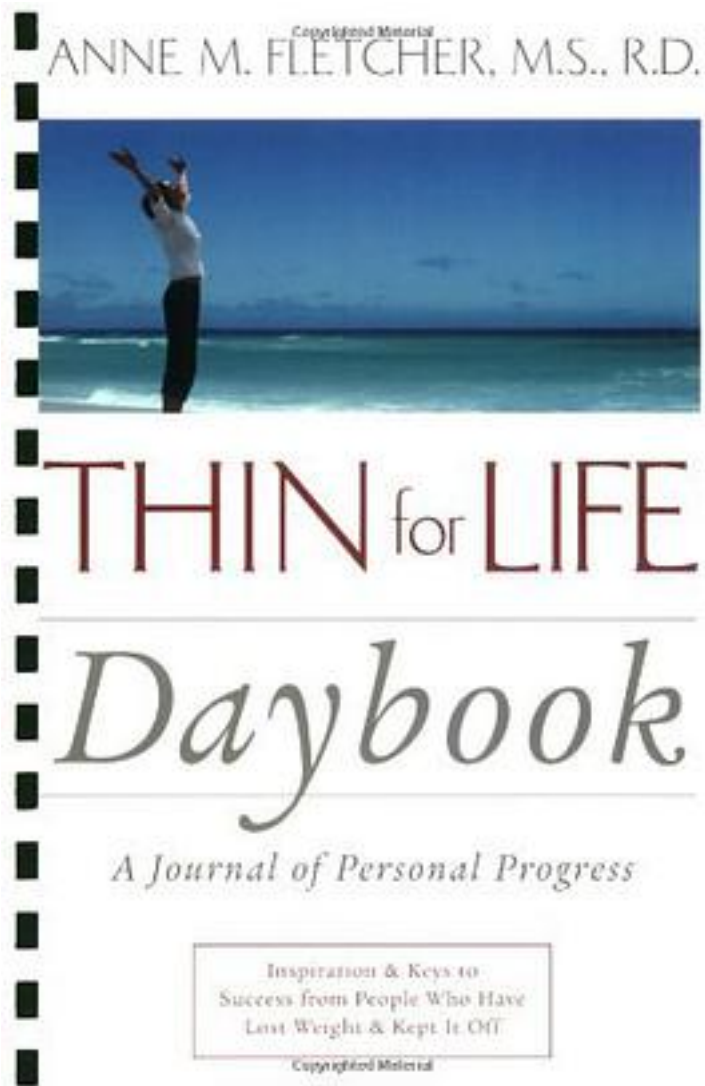


Thin for Life Daybook



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Lose weight and change your eating habits one step at a time. Based on the best-selling books Thin for Life and Eating Thin for Life, this inspiring journal gives you techniques that worked for hundreds of people who lost weight permanently.

作者介绍:

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