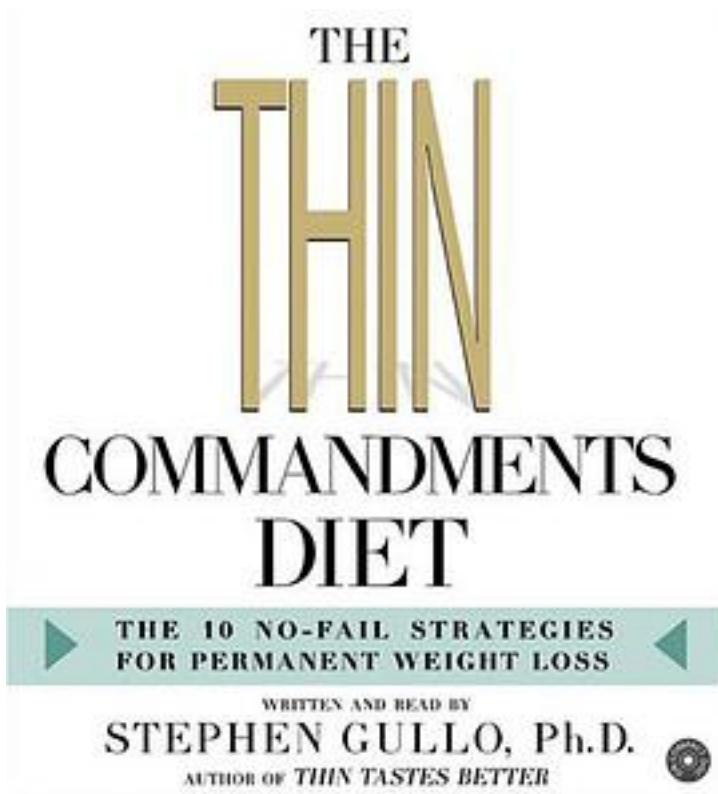


The Thin Commandments Diet CD



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Calories are only half of the weight-loss equation ... welcome to the other half. In The Thin Commandments Diet , Dr. Stephen Gullo lets you in on his unique weight-loss program that has a success rate that is many times higher than the national average. His two-part approach replaces willpower with strategy and deprivation dining with great-tasting gourmet fare. In the first part, he reveals his strategy secrets -- the 10 Thin Commandments -- including: Think historically, not just calorically -- identify trigger foods that can undermine your weight loss. Slips should teach you, not defeat you --

uncover the "24-hour secret" and never gain weight from binging again. The problem may be in the food, not in you -- learn the strategies to take control of your favorite foods. In the second part, Dr. Gullo outlines his simple diet which will put you on the shortest path to safe and rapid weight loss -- without depriving you of the foods you love. He takes the guesswork out of dieting and offers a program that helps melt pounds away quickly and easily.

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