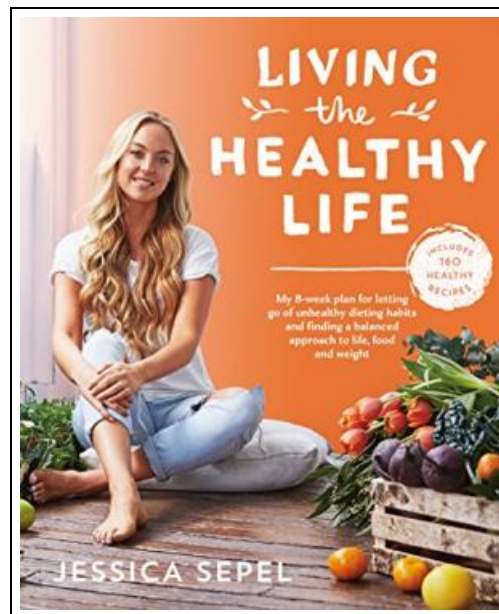


## Living the Healthy Life: An 8 week plan for letting go of unhealthy dieting habits and finding a balanced approach to weight loss (Paperback)



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### **Reviews**

*It is just one of my personal favorite publications. It is among the most awesome publications I have read. It is extremely difficult to leave it before concluding, once you begin to read the book.*  
*(Delia Rutherford)*

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