



The Diet Bible: Use it to Lose it

Judith Wills

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Finally, one book that cuts through all the fad diets. If you've been looking for straight answers for all of your weight-loss questions, this is the book for you. Broken down into ten easy-to-use sections featuring thirty-five questions and answers, including cross-references, Wills exposes common diet myths and provides an impartial reference that will help you make an informed choice. The different diet programs, methods, and products that we are bombarded with daily are evaluated in an A-Z listing that is also cross-referenced.

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