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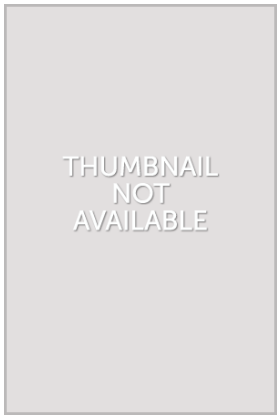

Rockridge Press, United States, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Trim away your belly fat with a healthy and delicious diet. Achieving a flat stomach is not about doing hundreds of crunches or worrying about how much you eat; it s about what you eat. The Belly Fat Diet Cookbook provides delicious recipes and teaches you how to eat more, weigh less, and achieve a flat belly....

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- Authored by John Chatham
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