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# THE DIET COACH: ALL THE ADVICE YOU NEED TO SUCCEED AT WEIGHT LOSS (AND KEEP THE WEIGHT OFF)



Little, Brown Book Group, United Kingdom, 2013. Paperback Book Condition: New. 196 x 124 mm. Language: English. Brand New Book. This is an inspirational diet book with a difference. It is a nondiet book - with no restrictions, point-counting, calorie-watching or danger foods. Instead, DIET COACH is a pocket-sized guide full of tried and tested practical tips and tricks that restrictive diet plans cannot compete with. Author Kimberly Willis focuses on you, rather than the food, to help you...

## Read PDF The Diet Coach: All the Advice You Need to Succeed at Weight Loss (and Keep the Weight Off)

- Authored by Kimberly Willis
- Released at 2013



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#### Reviews

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