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## 7 DAY FAT BURNING DIET PLAN



W Foulsham & Co Ltd. Paperback. Book Condition: new. BRAND NEW, 7 Day Fat Burning Diet Plan, Catherine Atkinson, Most of us, most of the time, wish we could lose a bit of weight. The figures show that in the West virtually 50 per cent of the adult population is actually overweight-and that one in three women and even one in five men is on a diet at any one time. But what kind of diet? Too many people, it...

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- Authored by Catherine Atkinson
- Released at -



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