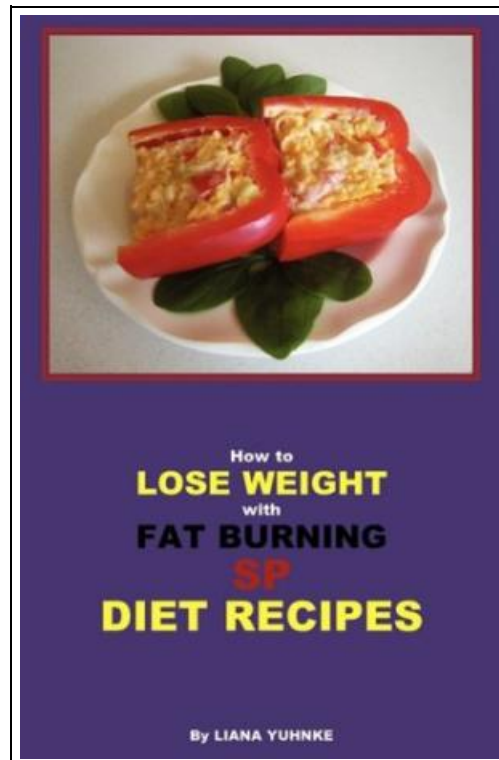


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Dog Ear Publishing, 2009. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The incredible transformation begins with strong desire to change! My name is Liana Yuhnke. I am from upstate New York and I was born in Russia in 1970. After high school, I went to medical school to study human anatomy and the causes of disease. Since my earliest memories I was always chubby and an overweight person. At age 26 my desire to get rid of unwanted fat became my ultimate goal. Today I weigh 100 pounds less and look 10 years younger - all thanks to the SP diet! With my STUFFED PEPPER DIET RECIPES the process of losing fat is very effective and rewarding! The SP diet recipes will help you feel fabulous and look gorgeous! Discover for yourself the power of the Sweet Pepper Diet Recipe book - You will learn how to create your own diet dishes that will burn your fat away! - You can eat as much as 3, 4 or even 5 times a day and still lose unwanted fat. - The SP recipes are delicious, simple and easy to prepare. - In about 10 minutes you can enjoy a fresh, healthy, delicious meal. - With the Sweet Pepper Diet you will have instant portion control. Learn how to avoid emotion eating with Mirror exercises. After only 5 days following SP diet my watch bracelet start falling off my wrist and my clothes was losing up. What most surprised me were the compliment from my neighbor that I was looking noticeably younger and leaner! And it was only the end of my third day of dieting! Inside this book you will learn how to create your own diet dishes what will burn your fat away! The...



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