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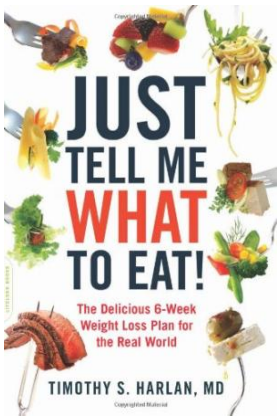
# JUST TELL ME WHAT TO EAT!: THE DELICIOUS 6-WEEK WEIGHT-LOSS PLAN FOR THE REAL WORLD




The Perseus Books Group. Paperback. Book Condition: new. BRAND NEW, Just Tell Me What to Eat!: The Delicious 6-Week Weight-Loss Plan for the Real World, Timothy S. Harlan, Dr. Timothy Harlan has counseled thousands of overweight patients searching for weight-loss answers. He noticed that patients were usually told what they could not eat, rather than all the wonderful foods they could eat. Now, physician-chef Harlan provides a solution: an exact prescription for what to eat, how to cook it, when...

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- Authored by Timothy S. Harlan
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