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Chapter 1 This Is Not Your Father's Diet Book 6

Chapter 2 A Brief Tangent: Weight Vs. Fat Loss 9

Chapter 3 Why Diets Fail Part 1: Bodyweight

Regulation 11 Chapter 4 Why Diets Fail Part 2:

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Chapter 6 How Diets Fail Apr 1th, 2024

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Having More Of For Healthy & Permanent Weight Loss.

Myth #5: Skipping Meals Or Eating A Very Low-calorie

Diet Will Help You Lose Weight. Fact: Many People

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