Charles Stuart Platkin Author of the nationally syndicated column "The Diet Detective" Lighten Up

Lighten Up: Stay Sane, Eat Great, Lose Weight

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Stay Sane, Eat Great,

Lose Weight

Reviews

Basically no phrases to clarify. It really is writter in straightforward phrases rather than hard to understand. You will not sense monotony at at any moment of your own time (that's what catalogues are for concerning if you ask me).

(Doris Beier)

LIGHTEN UP: STAY SANE, EAT GREAT, LOSE WEIGHT



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