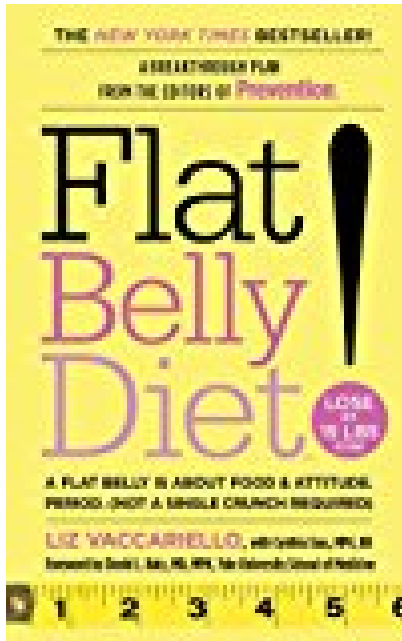


Flat Belly Diet!



BOOK DETAILS

- Author : Liz Vaccariello
- Pages : 400 Pages
- Publisher : St. Martins Paperbacks
- Language : English
- ISBN : 1250013356

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BOOK SYNOPSIS

Offer advice on how to target middle-body fat stores using strategic food combinations, in a guide that also makes recommendations for reducing stress, sleeping more productively, and staying committed to a healthier lifestyle.

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