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THE PORTION TELLER PLAN: THE NO-DIET REALITY GUIDE TO EATING, CHEATING, AND LOSING WEIGHT PERMANENTLY



Random House USA Inc. Paperback. Book Condition: new. BRAND NEW, The Portion Teller Plan: The No-Diet Reality Guide to Eating, Cheating, and Losing Weight Permanently, Lisa R Young, "The Portion Teller Plan "is" "a sensible eating guide and the end of diet deprivation. No forbidden foods, no calorie counting. Welcome to diet liberation. Would you ever consider going to the kitchen in the morning and grabbing five slices of bread for breakfast? No? Just one bagel is more like it,..."

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- Authored by Lisa R Young
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