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EAT FAST SLIM (PAPERBACK)



Watkins Media, United Kingdom, 2013. Paperback. Condition: New. Language: English . Brand New Book. Amanda Hamilton has helped thousands of people to lose weight and regain body confidence and zest for life. Discover the transformational diet secret: intermittent fasting - the future of weight loss! Experience rapid and sustained weight loss - drop a dress size in just six weeks and shift even stubborn fat Follow Amanda s healthy fasting - and ensure you get all the nutrients you need...

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- Authored by Amanda Hamilton
- Released at 2013



Reviews

The book is fantastic and great. I have got read through and i am confident that i will planning to read yet again once again in the foreseeable future. I found out this book from my dad and i recommended this publication to discover.

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