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ATKINS MADE EASY: THE FIRST 2 WEEKS



HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, Atkins Made Easy: The First 2 Weeks, Atkins Health & Medical Information Services, The Dr Atkins book which makes it really easy for those revolutionizing their weight and their health with the programme. It answers all your questions and dispells the myths. This 2 week starter plan - which includes helpful food lists and recipes - is everyone's essential for the new year. The book answers the 100 most frequently asked questions...

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- Authored by Atkins Health & Medical Information Services
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Reviews

Completely essential go through book. I actually have go through and i am sure that i am going to going to read yet again yet again later on. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Edwardo Rohan III

Merely no phrases to spell out. I am quite late in start reading this one, but better then never. Your way of life period is going to be enhance once you complete reading this publication.

-- Joanie Hamill I

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