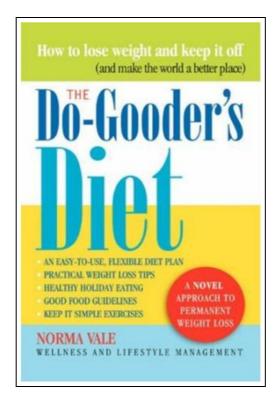
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# Reviews

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# THE DO-GOODER S DIET: A NOVEL APPROACH TO PERMANENT WEIGHT LOSS (AND HOW TO MAKE THE WORLD A BETTER PLACE) (PAPERBACK)



iUniverse, United States, 2007. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.By following the lives and loves of six unforgettable characters and their online weight loss coach, you ll learn to turn off your food cravings and turn on your natural dogooder instincts for greater happiness. The Do-Gooder s Diet shows you how as only a novel can. Based on the latest and best research, The Do-Gooder s Diet is both a practical weight loss program and an inspiring story of personal struggle and triumph. Inside, you ll find: .Six people who take on their weight demons and win .An easy-to-use, flexible diet plan .Good food guidelines for your busy life .Easy recipes, quick dinners, and soothing snacks .Tips for healthy holiday eating .Keep it simple exercises to last a lifetime Norma Vale, author of The Do-Gooder s Diet, is an award-winning writer and editor specializing in health and wellness. She gives a portion of the proceeds from the sale of each copy of The Do-Gooder s Diet to help fund interest-free loans to budding entrepreneurs in the developing world, empowering them to lift themselves out of poverty and achieve their dreams. With humor, wisdom, and warmth, The Do-Gooder s Diet will help you lose weight permanently and make the world a better place one small step at a time.

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