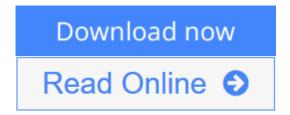


The Oriental 7-Day Quick Weight-Off Diet

By Anthony Norvell, Norvell



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Designed as a guide to weight loss without hunger, this book includes diet and nutrition information from all the countries of the Pacific Rim.



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