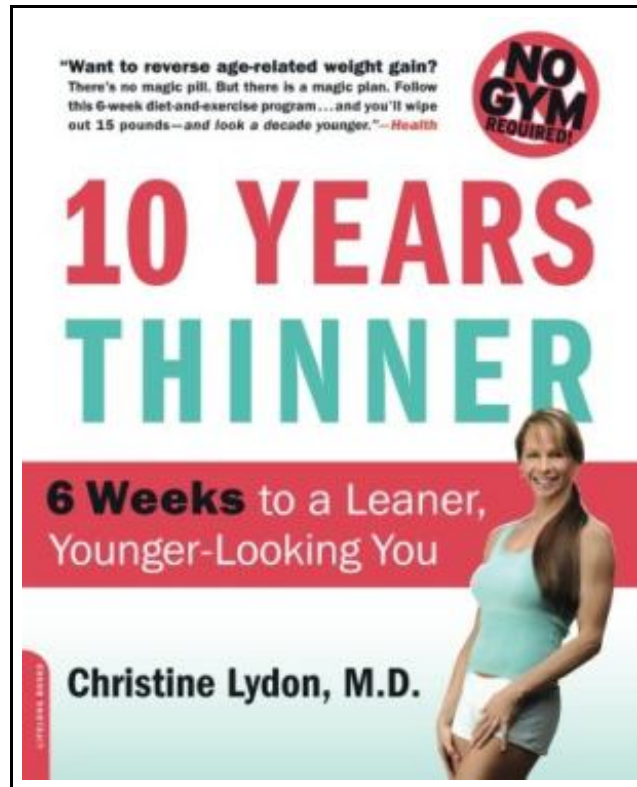


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Da Capo Lifelong Books. Paperback. Book Condition: New. Paperback. 320 pages. Dimensions: 9.0in. x 7.3in. x 1.0in. Ten Years Thinner presents Yale-educated medical doctor Christine Lydon's highly innovative diet and exercise program, every element of which Dr. Lydon has designed to fundamentally change how the body deals with food with the goal of developing a body chemistry that favors a youthful, toned, flab-free physique. To simplify the dietary transition to a higher metabolism, Ten Years Thinner includes a meal plan and dozens of quick, easy recipes that take the guesswork out of eating for a fabulous physique. Ten Years Thinner's fully illustrated work-out component, also specifically designed for sustainability, focuses on exercises that both maximize fat burning and combat the aging process in less than 25 minutes a day. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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