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Think Like a Picky Eater... and Never Diet Again.: The best way to lose weight is forgetting about food altogether.

Alba Alamillo

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Think Like a Picky Eater... and Never Diet Again.: The best way to lose weight is forgetting about food altogether. Alba Alamillo
Aren't you sick and tired of dieting and struggling with the foods you love? That's what this book is about. Ending the love-hate relationship you have with food. The moment you stop loving food the way you do, it will lose part of it's appeal. That's exactly what picky eaters do: They eat whatever they want because they are not obsessed. Think like a picky eater and you will become one. You won't need to worry about overeating and dieting again.

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