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CAN I HAVE CHIPS?: FILL UP, LOSE WEIGHT, FEEL GREAT



Troubador Publishing. Paperback. Book Condition: new. BRAND NEW, Can I Have Chips?: Fill Up, Lose Weight, Feel Great, Louise Graham, FED UP WITH BEING OVERWEIGHT? Join millions of others and learn how to succeed at losing weight and stay your perfect size - without giving up chips and other starchy foods! Ditch the faddy diets! You may lose weight initially, but unless you can maintain your weight loss for six months - the time it takes for hunger hormones that...

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- Authored by Louise Graham
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