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Smart Dieting For Weight Loss Kiss Dieting Goodbye Embracing A

"Kiss Dieting Goodbye" is written in a light, positive style with easy, healthy recipes, a lot of information and good advice to move anyone toward and more active, healthy and skinnier lifestyle.

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Kiss Dieting Goodbye teaches the reader how to accomplish long-term positive transformations. Tips, tricks and techniques for portion control, embracing a more active lifestyle, healthy recipes, true stories and much more make Kiss Dieting Goodbye a "must-read" for anyone tired of starving themselves only to see all the weight they lost come right back.

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