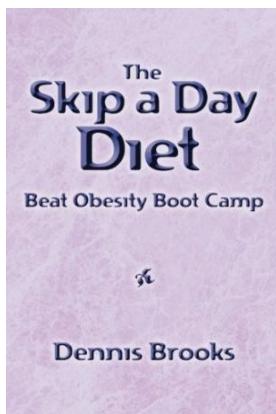


## Download Book

# THE SKIP A DAY DIET: BEAT OBESITY BOOT CAMP



Booksurge Publishing, United States, 2008. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. With nearly twenty years of exhaustive research it is back to basics for former First Sergeant Dennis Brooks, the author of The Skip a Day Diet. In fact, his approach to a healthy diet and good nutrition is a bit boot camp, meaning that his tactics use simple, methodic, and plainly stated common sense. In this self-improvement...

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- Authored by Dennis Brooks
- Released at 2008



Filesize: 8.95 MB

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