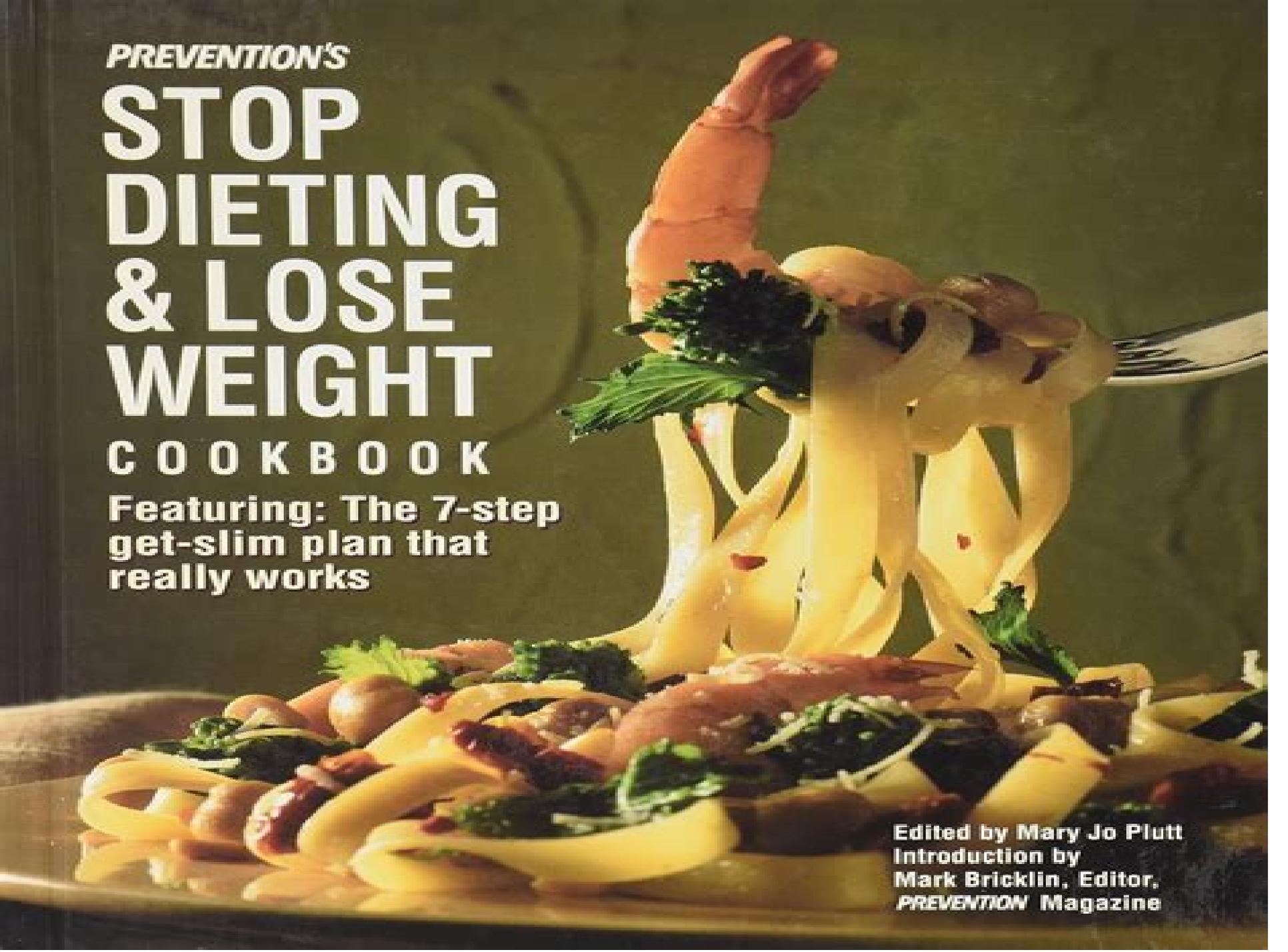


PREVENTION'S

STOP DIETING & LOSE WEIGHT

COOKBOOK

Featuring: The 7-step
get-slim plan that
really works



Edited by Mary Jo Plutt
Introduction by
Mark Bricklin, Editor,
PREVENTION Magazine

Preventions Stop Dieting Lose Weight Cookbook

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