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HOW TO HAVE YOUR CAKE AND YOUR SKINNY JEANS TOO: STOP BINGE EATING, OVEREATING AND DIETING FOR GOOD, GET THE NATURALLY THIN BODY YOU CRAVE FROM THE INSIDE OUT (PAPERBACK)



Twirl Media, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.YOU ABSOLUTELY CAN STOP BINGE EATING (OR FEELING OUT OF CONTROL WITH FOOD) AND BE THIN! You are about to finally uncover the single reason why you've been experiencing such an uphill battle with food and your weight. And far more importantly, I am going to teach you the skills you need to win the food...

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- Authored by Josie Spinardi
- Released at 2014



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