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Nicki Anderson 2009 145 pages Healthy Learning, 2009 9781606790717 Nicki Anderson's Single-step Weight Loss Solution: 101 No-nonsense Tips for Healthy Living, Weight Loss, and a Diet-free Life

### **for Healthy Living, Weight Loss, and a Diet-free Life**

Nicki Anderson's Single-Step Weight Loss Solution: 101 No-Nonsense Tips for Healthy Living, Weight Loss, and a Diet-Free Life is written to inspire people to find their own personal path to health and wellness. In this book, Nicki dispels countless diet and exercising myths while equipping readers with the tools necessary to make sound ...

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I've been busy reading the latest diet and health books to review for you! They've been piling up behind my chair long enough now. Over the past few months I've been taking a look at all the wonderful new and notable low-carb, nutrition and health books that have been floating around out there which [!]

### **Nicki Anderson's Single-Step Weight Loss Solution « Jimmy**

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