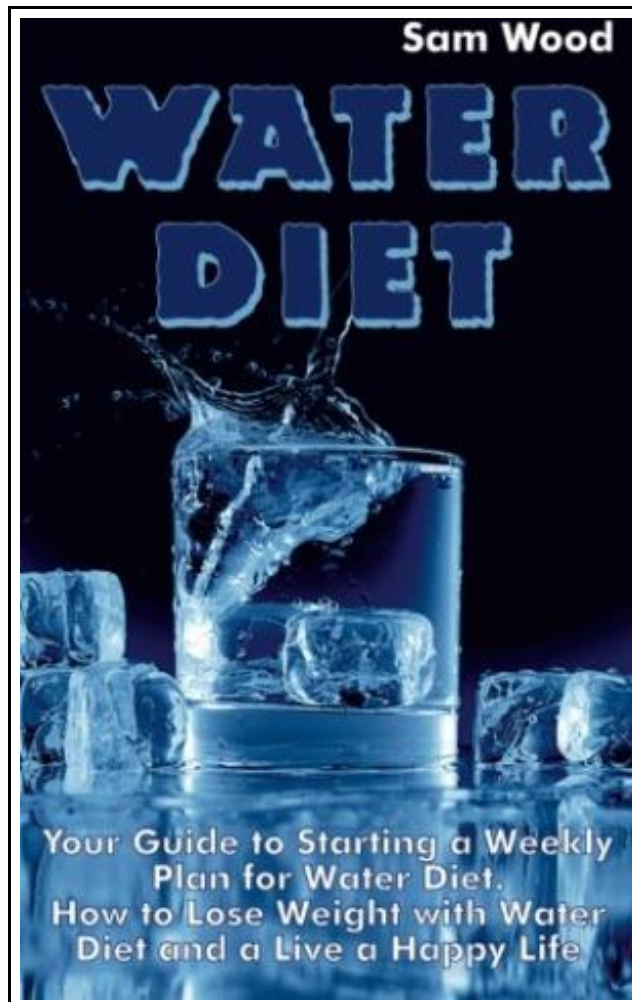


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.The Water Diet Book is a simple and effective plan to lose weight, feel good, and strengthen your overall health. The book explains some of the emotional and psychological experiences while dieting, because this can be the route of success for your dieting. This easy-to-read and easy-to-follow book was written for your health and wellbeing. This is not a get-thin-quick scheme; no, this Water Diet is meant for you to be healthy and well for the rest of your life. We hope you enjoy it and find it useful. The book also has a personal experience of the author, who has passed through the water diet for weeks and felt all by himself Types of Water Preparing and Starting the Water Diet The First Day of the Water Diet Samples of Water Diet for 3 and 7 Days and Contraindications What Changes do I Expect from the Water Diet? Maintaining the Water Diet and Your Health My experience with water diet - check for yourself during the writing of the book Copyright (c) Sam Wood 2015.

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