



My Diet Starts Now!

By Jamie Reynolds

Createspace, United States, 2011. Paperback. Book Condition: New. Jamie Reynolds (illustrator). 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.A fun, cartoon style book about two characters and their adventures in trying to lose weight. Using good common sense dieting ideas and mixing those with a cute story - the outcome is a good read that will remind us of what we all know has to take place to lose weight - plus perhaps give us some inspiration to follow some of those rules - and get a laugh or two in the process. This book is not a how-to on diet or exercise, it s just a little humorous encouragement to help along the tough road of trying to lose weight.



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