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## Truth About South Beach Obtain Rapid Fat Loss Maintain Your Ideal Weight For Life

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By Karen N Davids

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 42 pages. Dimensions: 10.6in. x 8.3in. x 0.2in. You may be thinking, there are so many books out there on the South Beach Diet, what makes this one so special, especially when the creator of the diet himself has written not only a users manual on the subject, but many more books that followed. Let me tell you why this book is different and just as important as all the others are. You will find the answers to many of the questions you have regarding the South Beach Diet, from a different perspective that of an individual who has experienced the diet, successfully, albeit with trials and tribulations. You will also gain an understanding of why the South Beach Diet was created, who it was created for and how it works, phase by phase. In Chapter 1, you will learn all about the South Beach Diet, including the basics and what the different phases are for. You will also learn about the different types of foods you can eat during your South Beach Diet experience and what types of foods you should avoid to reach your...



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