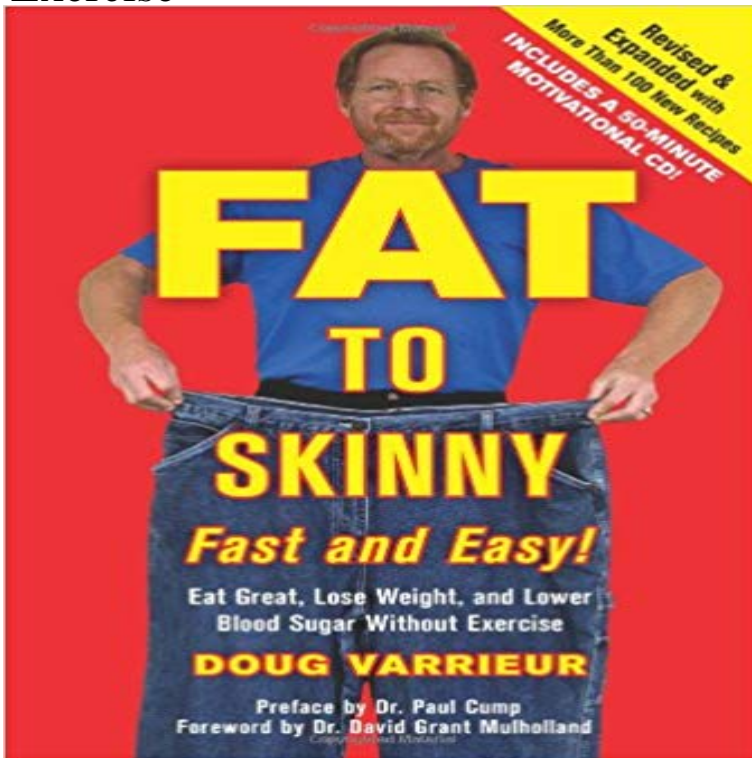


FAT TO SKINNY Fast and Easy! Revised and Expanded with Over 200 Recipes: Eat Great, Lose Weight, and Lower Blood Sugar Without Exercise



Doug Varrieur's popular book has expanded so everyone can get skinnier. In the original *Fat To Skinny Fast and Easy!*, Varrieur distilled the science behind low-carb eating and laid out an amazingly simple system for eliminating the chief offender in weight gain: sugar. Now, in response to requests from his loyal followers, Varrieur has created an updated edition that combines his successful strategies for lifetime fitness with more than 100 yummy new, low-carb, sugar-free recipes. That makes it even easier to melt away the fat fast while still eating delicious, favorite dishes and to keep it off for good. For added ease, each recipe has a carb count--and the book comes with an inspirational, motivational CD, too.

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