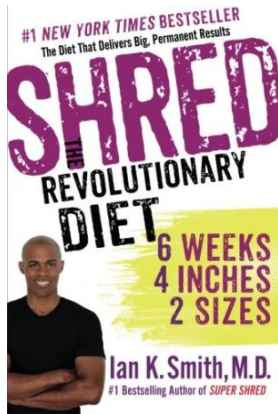


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SHRED: THE REVOLUTIONARY DIET



St Martin's Press. Paperback. Book Condition: new. BRAND NEW, Shred: The Revolutionary Diet, Ian K. Smith, Dr. Ian K. Smith's Shred is the answer to every dieter's biggest dilemmas: how to lose that last twenty pounds? How to push through that frustrating plateau? What to do when nothing else is working? Here, Smith has created a program that uses all he knows about strategic dieting in one plan. Shred combines a low GI diet, meal spacing, and meal replacements. Shredders...

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- Authored by Ian K. Smith
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Reviews

Comprehensive guideline for book lovers. It is really simplified but excitement in the fifty percent in the publication. Your daily life period is going to be change as soon as you full looking at this book.

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