



Eating THIN *for* LIFE

Food Secrets
& Recipes from
People Who Have
Lost Weight &
Kept It Off

ANNE M. FLETCHER, M.S., R.D.

With a Foreword by
GRAHAM KERR

"A whopping dose of
motivation for any dieter.
Two thumbs up!"

—Gail Sheehy

Eating Thin For Life

SJ Ball



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