



Cutting the Crap - How to Focus On What You Really Need to Know to Lose Weight and Retake Control of Your Life

Graham Hurrell

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Are you being deliberately kept fat? Use the simple techniques in this book to learn how to cut through the Confusing Research, Advertising & Promotions put in your way and focus on the few things you really need to know in order to regain control of your weight. And your life. It really works and what's more, you already know most of it!

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Irma Tijerina:

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