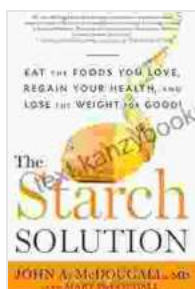


Eat The Foods You Love, Regain Your Health, and Lose the Weight for Good

Are you tired of dieting? Do you feel like you're always hungry and deprived? If so, then this book is for you.



The Starch Solution: Eat the Foods You Love, Regain Your Health, and Lose the Weight for Good!

by Mary McDougall

★★★★☆ 4.6 out of 5

Language : English
File size : 12412 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 437 pages



In *Eat The Foods You Love, Regain Your Health, and Lose the Weight for Good*, author [Author's Name] shares her revolutionary approach to weight loss. She believes that you can lose weight and improve your health by eating the foods you love.

[Author's Name] has helped thousands of people lose weight and improve their health. Her approach is based on the latest scientific research and is proven to be effective.

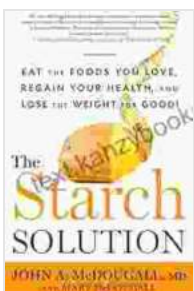
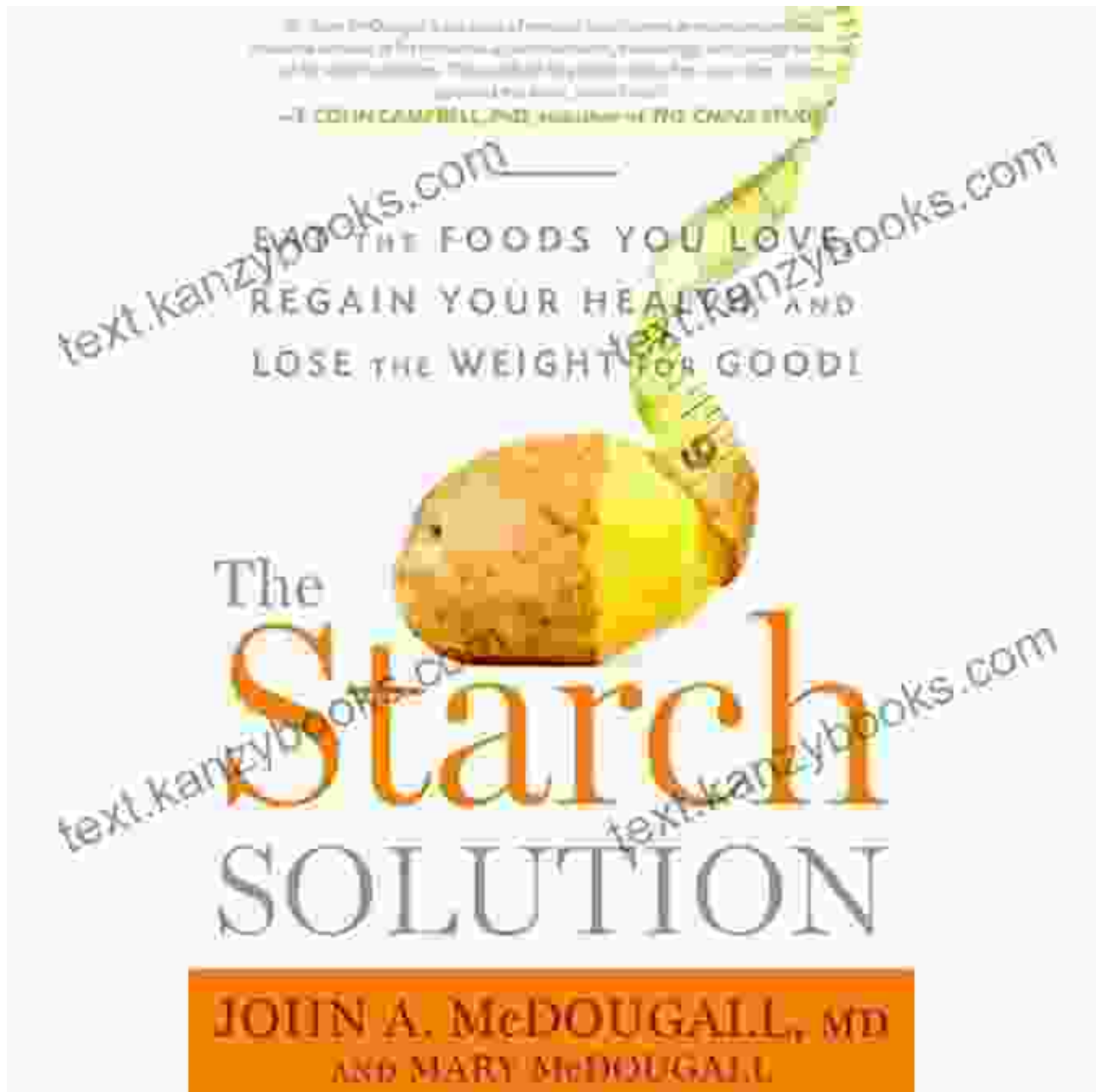
In this book, you will learn:

- How to identify the foods that are making you fat and sick
- How to create a healthy diet that includes the foods you love
- How to overcome emotional eating
- How to stay motivated and on track

Eat The Foods You Love, Regain Your Health, and Lose the Weight for Good is the only weight loss book you will ever need. It is a comprehensive guide that will help you lose weight, improve your health, and live a happier, healthier life.

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