

The Lean: A Revolutionary (and Simple!) 30-day Plan For Healthy, Lasting Weight Loss - Kathy Freston

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Kathy Freston, the New York Times bestselling author of *Veganist*, urges leaning in for a leaner body with small changes that yield big results in this simple but effective weight-loss plan. Author: Freston, Kathy Publisher: Weinstein Books Illustration: N Language: ENG Title: *The Lean: A Revolutionary (and Simple!) 30-Day Plan for Healthy, Lasting Weight Loss* Pages: 00352 (Encrypted EPUB) / 00352 (Encrypted PDF) On Sale: 2012-03-20 SKU-13/ISBN: 9781602861732 Lib Category: Reducing diets Lib Category: Weight loss Category: Health & Fitness : Diets - General Category: Health & Fitness : Weight Loss

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