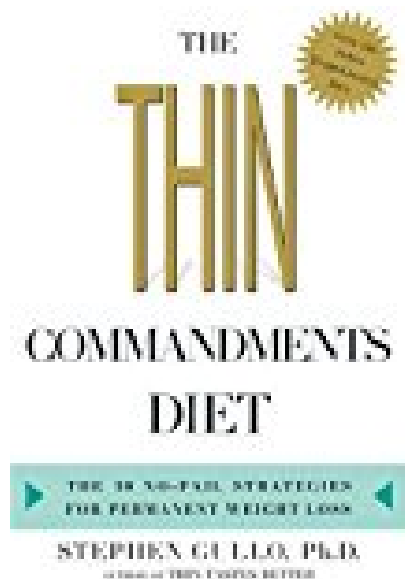


# The Thin Commandments The Ten No-Fail Strategies for Permanent Weight Loss

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## BOOK DETAILS

- Author : Stephen Gullo
- Pages : 272 Pages
- Publisher : Rodale Books
- Language : English
- ISBN :



## BOOK SYNOPSIS

The author offers his Ten Thin Commandments that govern all eating habits, and his successful ABC diet plan, which has helped patients lose more than one hundred pounds.

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