



Fit for Life

By Harvey Diamond, Marilyn Diamond

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Fit for Life By Harvey Diamond, Marilyn Diamond

It's the program that shatters all the myths: FIT FOR LIFE the international bestseller that explains how to change both your figure and your life. Nutritional specialist Harvey and Marilyn Diamond explain how you can eat more kinds of food than you ever ate before without counting calories...and still lose weight! The natural body cycles, permanent weight-loss plan that proves it's not only what you eat, but also when and how, FIT FOR LIFE is the perfect solution for those who want to look and feel their best. Join the millions of Americans who are FIT FOR LIFE and begin your transformation with:

- The vital principles that bring you permanent weight loss and high energy
- The FIT FOR LIFE secrets of timing and food combining that work with your natural body cycles
- A 4-week meal plan, menus, shopping tips, and exercise
- Delicious recipes and more.

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Alma Saunders:

Fit for Life can be one of your nice books that are good idea. Most of us recommend that straight away because this book has good vocabulary that could increase your knowledge in terminology, easy to understand, bit entertaining but still delivering the information. The writer giving his/her effort that will put every word into satisfaction arrangement in writing Fit for Life nevertheless doesn't forget the main position, giving the reader the hottest along with based confirm resource details that maybe you can be one of it. This great information can certainly drawn you into brand new stage of crucial imagining.

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