



Asian Slim Secrets: Enjoy Food, Stay Slim Naturally!

By Linda Yo

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A new kind of diet book; the author integrates teachings from the East and West to come up with the easy solution to weight control

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Editorial Review

Review

The approach is fresh and original. It educates the reader without using complicated jargon. --La Mesa Critique Group

About the Author

Linda Yo is a weight management consultant with a global perspective. Her revolutionary teaching is based on the diet of the people of Japan, Taiwan, China and Hong Kong.

Users Review

From reader reviews:

Richard Benson:

Now a day people who Living in the era exactly where everything reachable by connect with the internet and the resources included can be true or not demand people to be aware of each info they get. How people have to be smart in acquiring any information nowadays? Of course the solution is reading a book. Studying a book can help men and women out of this uncertainty Information specially this Asian Slim Secrets: Enjoy Food, Stay Slim Naturally! book because book offers you rich information and knowledge. Of course the details in this book hundred per cent guarantees there is no doubt in it you may already know.

Keith Taylor:

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Lee Flynn:

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