



## The 3-Season Diet: Eat the Way Nature Intended to Lose Weight, Beat Food Cravings, Get Fit (Paperback)

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By John Douillard

Paperback. Book Condition: New. 154mm x 22mm x 233mm. Paperback. In the tradition of Eat Right 4 Your Type, mind/body fitness expert John Douillard draws on compelling, ancient wisdom in his common-sense strategy for optimal health. The log.Shipping may be from our Sydney, NSW warehouse or from our UK or US warehouse, depending on stock availability. 336 pages. 0.598.

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