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The 20/20 Diet turn your weight loss into reality by Dr. Phil McGraw: REVIEW:2016 edition

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PLEASE NOTE: THIS IS NOT THE ORIGINAL BOOK.

How does the 20/20 diet works?
Dr. Phil McGraw states that there are some reasons that other diets fail over and over again: impracticality, hunger, cost, boredom, weight loss plateaus, feeling of restriction, cravings and temptations. He goes further to address each of these weight loss impediments by utilizing the latest research and theories that have been made available since his last book, "The Ultimate Weight Solution."....

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