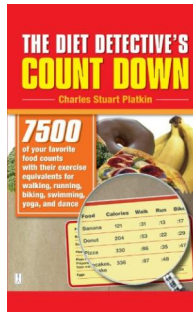


## The Diet Detective's Count Down: 7500 of Your Favorite Food Counts with Their Exercise Equivalents for Walking, Running, Biking, Swimming, Yoga, and Dance



### Book Review

Here is the finest publication we have read right up until now. It is actually written in easy words instead of difficult to understand. It has been written in a remarkably easy way in fact it is only right after I finished reading this book in which basically changed me, modify the way I really believe.

(Prof. Vanessa Smitham V)

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