

Lose Weight — Naturally



PREVENTION®
MAGAZINE'S
NO-DIET
NO-WILLPOWER
METHOD

by Mark Bricklin

EXECUTIVE EDITOR OF PREVENTION® MAGAZINE

Lose Weight Naturally Prevention Magazines No Diet No Willpower Method

AW Rasmussen



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Library Journal ,1987 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately *Medical and Health Care Books and Serials in Print* ,1987 Lose Weight Naturally Mark Bricklin,1989 This no diet no willpower method of successful weight loss from Prevention magazine includes hundreds of tips and manuevers for faster smarter weight loss

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