



# **Six Weeks to OMG: Get Skinnier Than All Your Friends (Paperback) - Common**

*By (author) Venice A Fulton*

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If you think you've failed on every diet you've ever tried, think again: The diet failed, you didn't. Now it's time to forget all those weight-loss cliches and listen to the truth: -Skipping breakfast can be healthy-Certain fruits instantly block fat loss-Small, frequent meals frequently pack on the pounds-Juices and smoothies cause overeating-Exercise is about much more than how much and how hard...

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