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by David Zinczenko : **Drink This Not That!: The No-Diet Weight Loss Solution**

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Description :

PDF-ab101 | Drink This Not That! by David Zinczenko with Matt Goulding The fastest way to lose weight isn't on the treadmill. And it's not by counting calories, either. Believe it or not, the easiest, fastest, and longest lasting way to lose weight doesn't even involve watching your food intake: It's all about watching what you drink. See, if you're like the average American, today you will drink about 450 calo... *Drink This Not That!: The No-Diet Weight Loss Solution*

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