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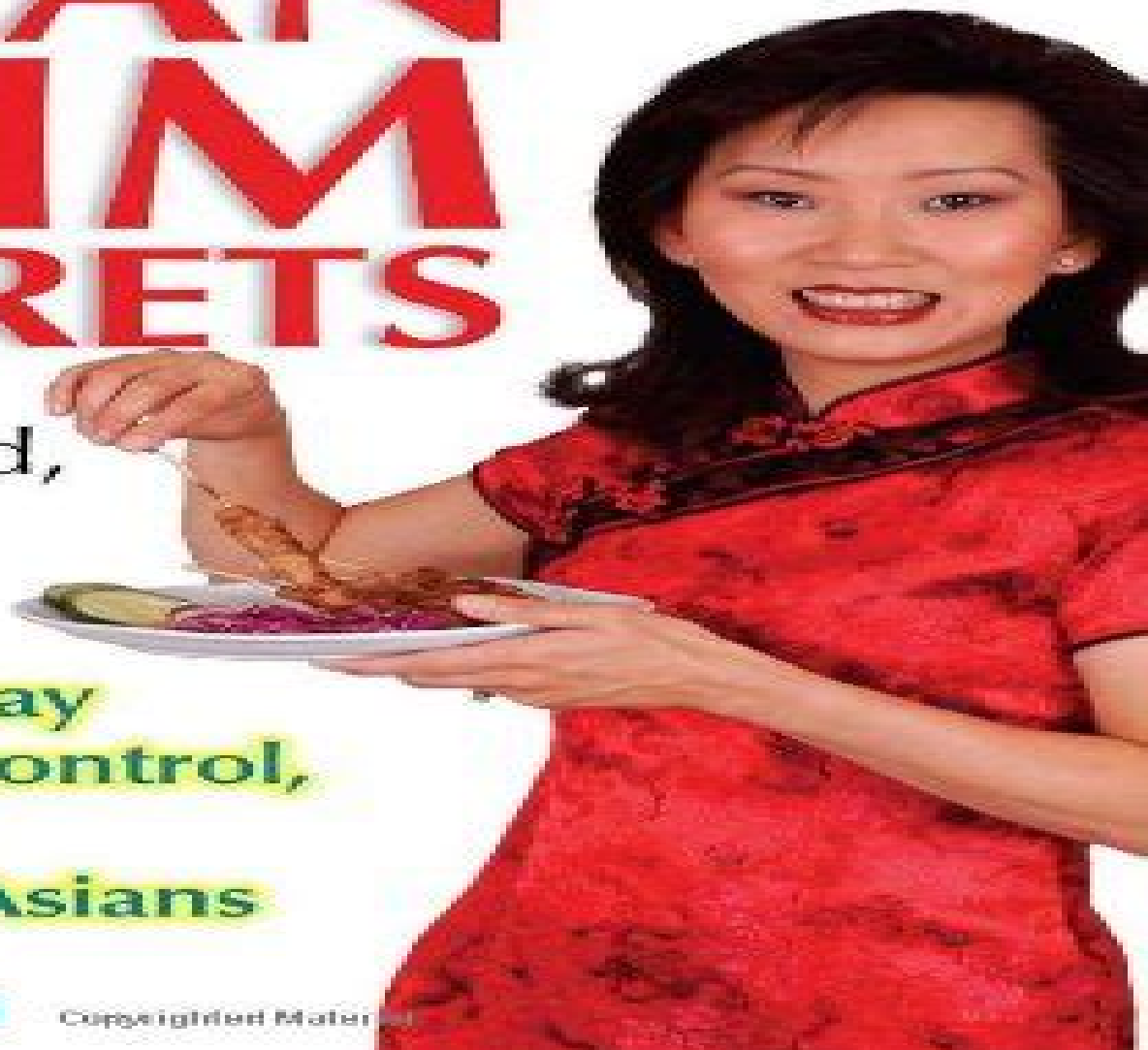
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# ASIAN SLIM SECRETS

Enjoy Food,  
Stay Slim,  
Naturally!

The easy way  
to weight control,  
proven by  
billions of Asians

Linda Yo



# Asian Slim Secrets Enjoy Food Stay Slim Naturally

**R Barnett**



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**Asian Slim Secrets** Linda Yo, 2007 Author certified weight consultant Linda Yo gained 25 pounds in 3 months when she moved from Asia to the U S She failed at every weight loss method before finally getting results by returning to Asian eating habits In this book reader will discover How to enjoy food stay slim naturally Appetizers that soothe their hunger How to enjoy meat and avoid the fat Why eating salad won't make them slim Healthy delicious snack dessert

**Asian Slim Secrets** Linda Yo, 2016-05-28 Discover how you can enjoy food and stay slim naturally Have you ever wondered how Asian people stay slim despite their passion for food This book reveals how Asians enter the 21st century with increased prosperity but without increasing their waistlines

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