



The Thin Commandments : The Ten No-Fail Strategies for Permanent Weight Loss

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The Thin Commandments was created by bestselling author of "Thin Tastes Better", Dr. Stephen Gullo. This book outlines the program that has allowed his patients to achieve a very high weight loss success rate. The plan centers on ten weight loss strategies - referred to as commandments - combined with a simple and satisfying diet plan.

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