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About The Little Book of Thin The ultimate cheat sheet that sets out a workable and flexible plan for successful weight loss to fit every lifestyle and diet choice. In this worst-case diet survival handbook , nutritionist and founder of Foodtrainers , Lauren Slayton offers strategies and tips to avoid the most disastrous diet booby traps.

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The Little Book Of Thin Diana Huff Painter Writer

The Little Book Of Thin i had a delightful time with lauren slayton ms, rd (founder of foodtrainers, a nutritional practice nyc) and her agent lauren galit. we each contributed something different to this project. the goal was to get the key points of proper diet, exercise and weight loss with encouragement and humor.

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Little Book of Thin My Judy the Foodie

Little did I know at the time, my colleague was a walking poster child for Foodtrainers, Lauren s successful nutrition practice in New York City. Three years later, Lauren and I would finally meet each

other in the lobby of a nursery school as our children embarked on their educational journeys (and that was 8 years ago!).

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