



## Think!... and Grow Thin

*John Richards*

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## **Think!... and Grow Thin** John Richards

Fat and fed up? Why can't you stick to a diet? Think and Grow Thin will change the way you think about food. With his trademark no-nonsense approach, John Richards gives you everything you need to know to finally deal with your weight problem once and for all.

With his intelligent and thought-provoking insights you'll finally understand why it's been so difficult for all these years and, crucially, what to do about it.

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