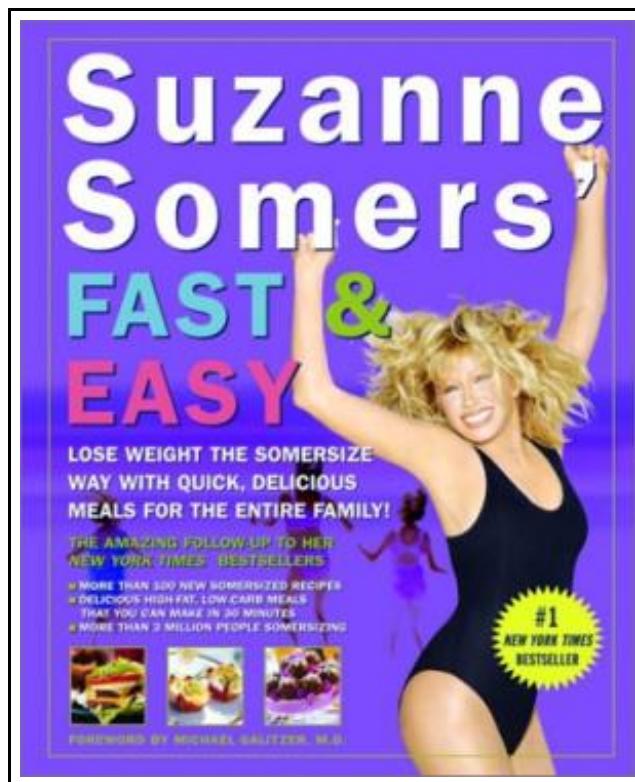


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Crown Archetype, 2002. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "In the past when I had dieted, I felt starved, but with Somersizing, I felt completely satisfied. If I ever was hungry, I ate without counting calories or doing portion control, and I still lost weight. Now, 2 years later, I am proud to say I have lost 81 pounds. My 'diet' food was also so good that the entire family wanted to eat it. Thanks to this program, I have succeeded beyond what I had dared to dream." Mary S. Barrett "One year after my son was born, I was still 50 pounds overweight and wearing maternity clothes, miserable and disgusted with myself. Changing my eating habits seemed to be too much of a struggle. But losing weight was easy with the Somersize program! I've dropped 40 pounds and have more energy than ever before. And considering the fantastic meals I am able to prepare for my family, we never feel deprived. I'm so glad we're Somersizing together. We are healthier and happier for it." Janet Mikealson-Lenox "The Somersize program was a revelation for me. I used to be the microwave queen. If it came frozen and said 'low-fat' on the carton, I bought it. I never realized it was the added sugar in those meals that was sabotaging my weight-loss efforts. Now, I only use my microwave to reheat the wonderful meals I am creating every day. The food is fabulous, easy to make, and the desserts are out of this world. Who would have thought I could eat dessert and not feel guilty! I have lost 20 pounds so far, and over 16 total body inches. I have no urge to go back to the unhealthy way I was eating before....

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