



# **Eat What You Love, Love What You Eat: How I Lost 55lbs Without Giving Up My Favorite Foods**

*Patrice Woods*

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## **Eat What You Love, Love What You Eat: How I Lost 55lbs Without Giving Up My Favorite Foods**

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You can eat anything you want and still lose weight. There is a method to the madness. This book will show you how.

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