



## Look and Feel Great Through Nutrition

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By Pamela Ofstein

One Hour or Less Publishing LLC, United States, 2010.  
Paperback. Book Condition: New. 201 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This book is filled with practical easy-to-understand nutrition information that will help you control your weight, improve your energy, and enhance your overall health. Pamela Ofstein shares with you how to make some small but important changes in the way you eat that can make a big difference in how you look and feel. Pamela gives you clear and easy-to-follow nutrition advice that can be applied in or outside of the home.

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