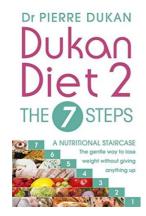
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THE DUKAN DIET 2 - THE 7 STEPS



Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, The Dukan Diet 2 - the 7 Steps, Pierre Dukan, Dr Dukan has created a new version of his bestselling diet. It's just as effective as the original but with a seven-day eating plan you can lose weight at your own pace without giving up the foods you love. Follow the 7 steps from Monday to Sunday each week until you reach your true weight. Day 1: Protein Day...

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- Authored by Pierre Dukan
- Released at -



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