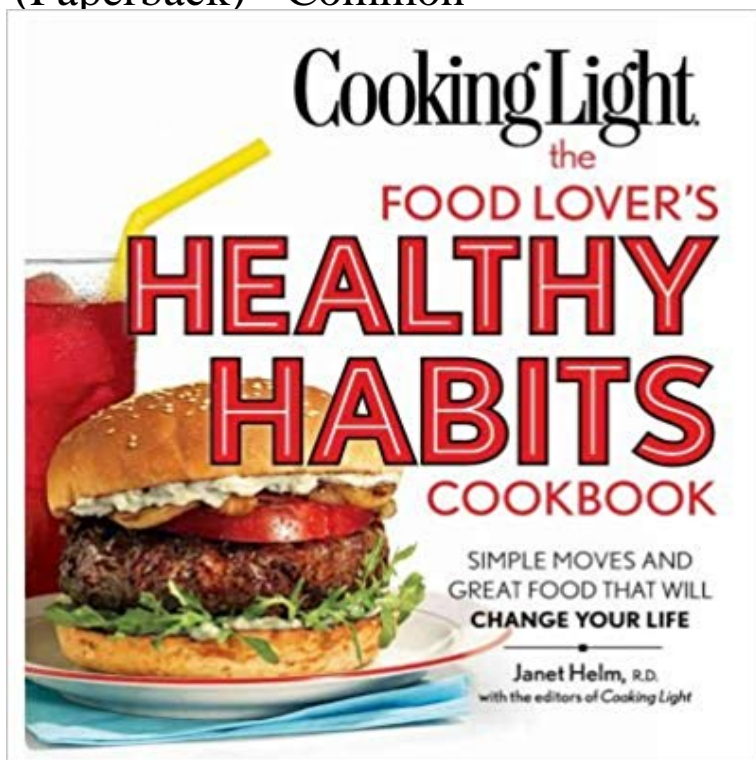


Cooking Light the Food Lovers Healthy Habits Cookbook: Simple Moves & Great Food That Will Change Your Life (Cooking Light) (Paperback) - Common



Presents a Cooking Light magazines healthy lifestyle program, which states that readers incorporate small lifestyle changes to their daily routine (one habit/one month at a time) and over a year they see big results. This book gives healthy life wannabes the tools they need to easily achieve a healthy lifestyle.

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