



Fit for Life A New Beginning, the Ultimate Diet and Health Plan

By Harvey Diamond

Kensington Pub Corp. Paperback. Book Condition: New. Paperback. 400 pages. Dimensions: 9.1in. x 5.9in. x 1.3in. Backed by a new infomercial, this thoroughly revised and updated resource presents a simple, natural eating program for permanent weight loss and healthy living that, with a proper combination of foods, enhances the body's metabolic processes, reduces weight. Title: Fit for Life Author: Diamond, Harvey Publisher: Kensington Pub Corp Publication Date: 20110104 Number of Pages: 400 Binding Type: PAPERBACK Library of Congress: This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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