

Judul:

Potatoes not Prozac: A Natural Seven-Step Dietary Plan to Control Your Cravings and Lose Weight, Recognize How Foods Affect the Way You Feel, and Stabilize the Level of Sugar in Your Blood

Pengarang/Penulis:

DesMaisons, Kathleen, author

Subjek:

Nutrition–Psychological aspects; Diet therapy–Blood sugar stabilization; Food and mood; Weight loss–Dietary management

Nomor Panggil:

613.25 DES p

Penerbitan:

Fireside

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