



The Pleasure Principle Diet

How to Lose Weight Permanently,
Eating the Foods You Love

Robert E. Willner, M.D.

At last! A diet that builds in success by making weight loss a daily pleasure—instead of a grind. A refreshing change from unhealthy deprivation diets, here's a doctor's proven plan for losing weight *safely, permanently* and *pleasurably*.



Pleasure Principle Diet

Michael Hoelscher



Pleasure Principle Diet:

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