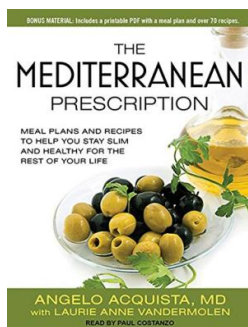


The Mediterranean Prescription: Meal Plans and Recipes to Help You Stay Slim and Healthy for the Rest of Your Life



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Book Review

This publication is really gripping and exciting. It really is basic but unexpected situations in the 50 % in the book. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Prof. Salvador Lynch)

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