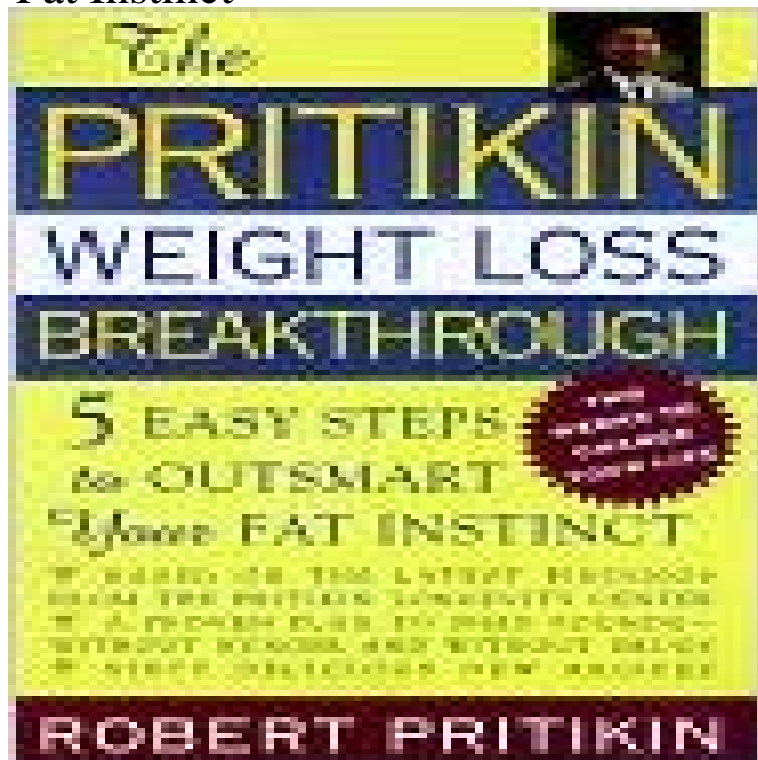


# The Pritikin Weight Loss Breakthrough: 5 Easy Steps to Outsmart Your Fat Instinct



Dr. Robert Pritikin reveals why it is so difficult for even the most health conscious to stay on diets that avoid foods high in fat and cholesterol. This audiocassette provides four simple principles that people can use to defeat their fat instinct and gives 15 practical tips that will help them implement the Pritikin Program on a daily basis. January 1998 publication date. 2 cassettes. .

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