



Asian Slim Secrets: Enjoy Food, Stay Slim Naturally!

By Linda Yo

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A new kind of diet book; the author integrates teachings from the East and West to come up with the easy solution to weight control

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Editorial Review

Review

The approach is fresh and original. It educates the reader without using complicated jargon. --La Mesa Critique Group

About the Author

Linda Yo is a weight management consultant with a global perspective. Her revolutionary teaching is based on the diet of the people of Japan, Taiwan, China and Hong Kong.

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