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Get this from a library! Fit-or-fat target recipes. [Covert Bailey; Lea Bishop]

Bailey Covert. The Ultimate Fit or Best-selling author Covert Bailey has revolutionized thinking about health and The Fit or Fat Target Diet: The Easiest Plan

Genre/Form: Popular Works: Additional Physical Format: Online version: Bailey, Covert. Fit-or-fat target diet. Boston : Houghton Mifflin, 1984 (OCoLC)762647054

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The Fit Or Fat Target Diet by; Covert Bailey; The Fit Or Fat Target Diet He likes to say that his training in graduate school was spent with fit rats and fat

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