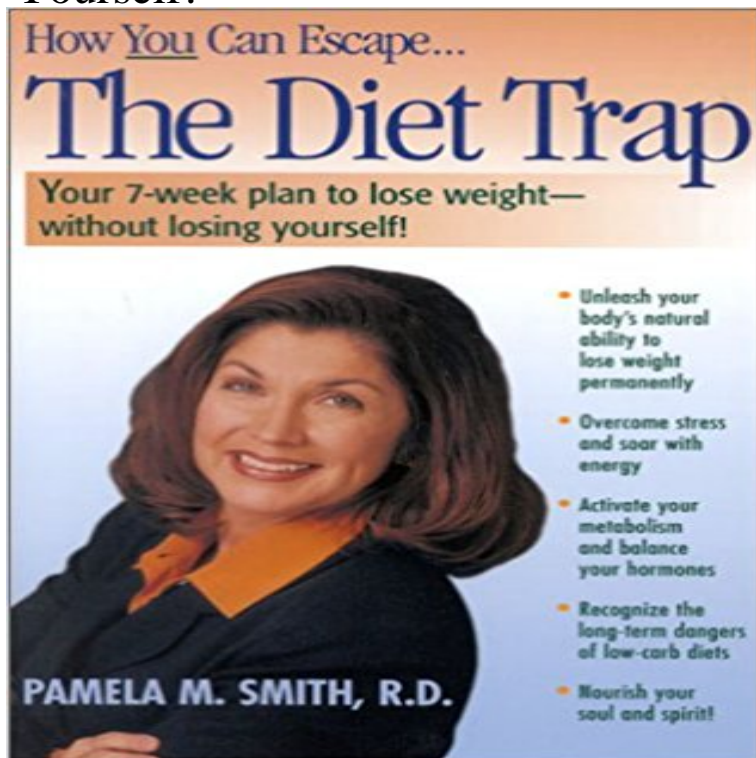


The Diet Trap: Your 7-Week Plan to Lose Weight--Without Losing Yourself!



Do you dream of looking great? Is your dieting roller-coaster making you sick and tired? Do you want to tame your appetite and release stress? Do you want to lose weight for good, and gain energy for life? Then let Pamela Smith, R.D., America's foremost nutritionist and best-selling author show you how to **BREAK FREE FROM THE DIET TRAP AND LIVE WELL FOR LIFE!** Make the decision, today, to get off the depressing diet treadmill and get on the road to looking and feeling better.

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