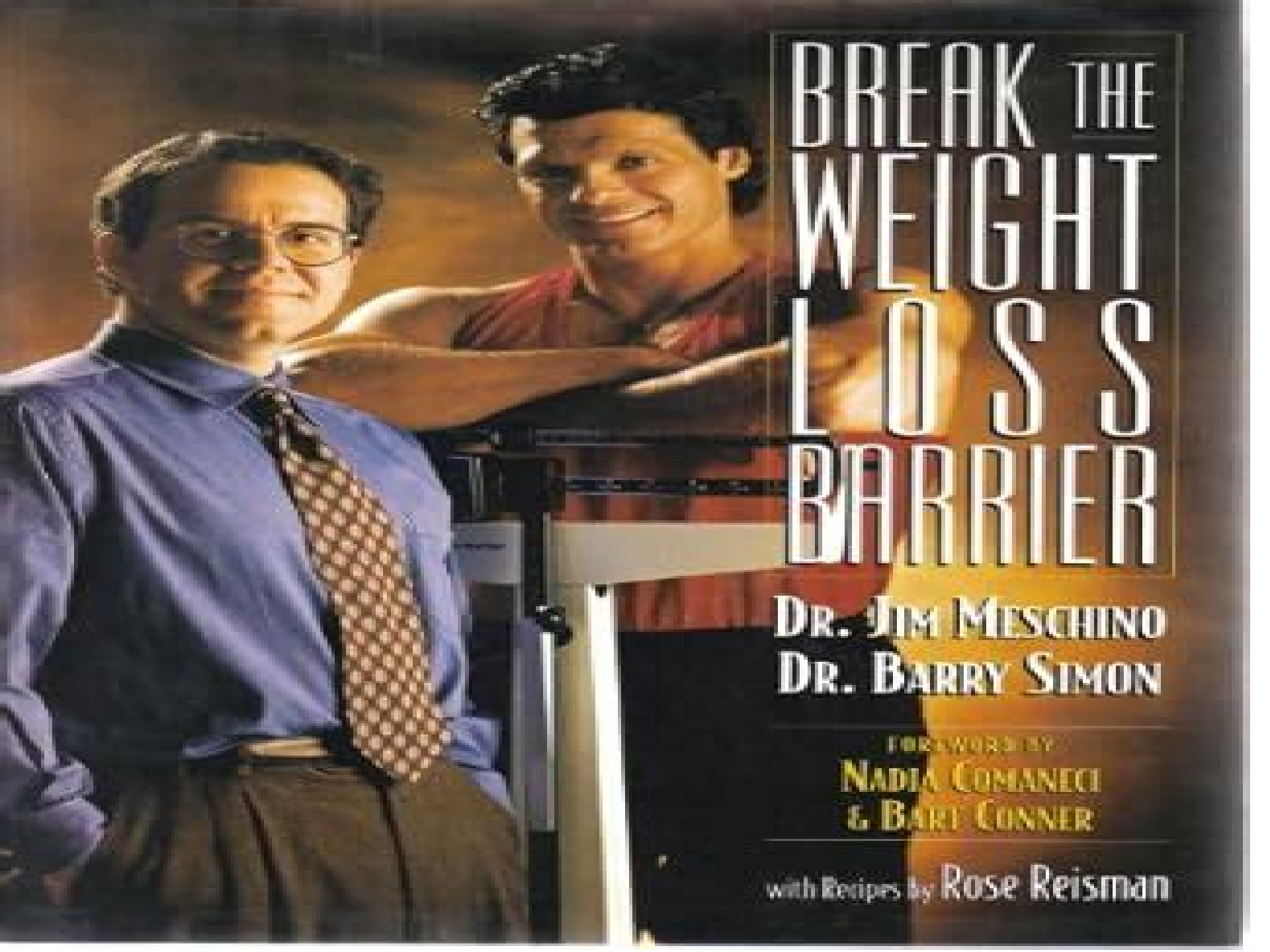




BREAK THE WEIGHT LOSS BARRIER

DR. JIM MESCHINO
DR. BARRY SIMON

FOREWORD BY
NADIA COMANECI
& BART CONNER

with Recipes by Rose Reisman

Break The Weight Loss Barrier

Lingsheng Yao



Break The Weight Loss Barrier:

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