



## The New Cabbage Soup Diet

By Margaret Danbrot

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Have the holidays left you with too-tight pants? Is there a dress you need to squeeze into for next week's special occasion? Are you planning on putting on a bathing suit anytime soon? If you want to crash off pounds fast--before you start on that long term eating plan--*The New Cabbage Soup Diet* is for you.

Featured in *Cosmopolitan* magazine and *USA Today*, The Cabbage Soup Diet has been a word-of-mouth phenomenon. This revised and updated edition for healthier, safe weight loss contains true stories from a number of successful Cabbage-Soup dieters, so that readers can find out what worked for them and what didn't.

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## The New Cabbage Soup Diet By Margaret Danbrot Bibliography

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## **Editorial Review**

From the Back Cover

Need results in a hurry?

This dynamic diet plan lets you eat until you're stuffed and lose up to 10 pounds!

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- It also features a seven-day plan, a three-day blitz plan, and now for the first time, a maintenance plan to help you maintain your weight once you've reached your goal!
- It's easy! No special foods to buy, no complicated weighing, no counting fat grams or calories.
- It's low in fat, high in fiber-and healthier than some high-protein diets
- It's hunger-proof! You can have all you want of filling, delicious, and nutritious foods
- It's got dozens of dieting tips for making weight loss easier and longer-lasting that you won't find anywhere else

You've heard about it. Now try it. It really works!

## **Users Review**

**From reader reviews:**

**Kim McLoughlin:**

Do you have favorite book? For those who have, what is your favorite's book? Publication is very important thing for us to understand everything in the world. Each e-book has different aim or goal; it means that book has different type. Some people sense enjoy to spend their time and energy to read a book. They are really reading whatever they acquire because their hobby is definitely reading a book. What about the person who don't like reading a book? Sometime, man or woman feel need book whenever they found difficult problem as well as exercise. Well, probably you will need this The New Cabbage Soup Diet.

**Andrew Martin:**

Precisely why? Because this The New Cabbage Soup Diet is an unordinary book that the inside of the e-book waiting for you to snap that but latter it will shock you with the secret it inside. Reading this book close to it was fantastic author who also write the book in such amazing way makes the content inside of easier to understand, entertaining way but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this any longer or you going to regret it. This unique book will give you a lot of positive aspects than the other book have such as help improving your skill and your critical thinking technique. So , still want to hold up having that book? If I were you I will go to the guide store hurriedly.

**Carol Smith:**

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**Amy Lewis:**

With this era which is the greater individual or who has ability in doing something more are more valuable than other. Do you want to become one of it? It is just simple strategy to have that. What you are related is just spending your time not much but quite enough to experience a look at some books. One of several books in the top collection in your reading list is The New Cabbage Soup Diet. This book that is qualified as The Hungry Hills can get you closer in turning into precious person. By looking right up and review this e-book you can get many advantages.

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