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Based on Volumetrics, named the Most Effective Diet of 2011 by The Daily Beast, The Ultimate Volumetrics Diet by Dr. Barbara Rolls with Mindy Hermann offers smart, simple, science-based strategies for losing weight and keeping it off. In this beautiful full-color combination diet plan and cookbook, the author of the #1 New York Times bestseller Volumetrics provides new findings, user-friendly tools, and dozens of fabulous and filling recipes to help you lose weight without feeling hungry or unsatisfied.

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