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Diane Hampton will revolutionize the way you look at food. You can find relief from the power food has over you. You can consume anything you desire and still lose weight: eat sweets, have a dessert, munch on chips and dip whenever you want. The Diet Alternative contains time-tested principles that get results. No diet can promise a consistent loss of 3-4 pounds a week, but The Diet Alternative isn't a diet. It's freedom. Learn to use your body's natural "hungry" and "full" responses. Discover God's meal plan. Keep the same size for the rest of your life!

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