



# Granny' Diet for Teens (GRANNY'S DIET SERIES)

*L. D. Ford*

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## **Granny' Diet for Teens (GRANNY'S DIET SERIES) L. D. Ford**

'Think about it! Who knows more about weight than someone who has helped thousands keep the weight off for a lifetime.' GRANNY'S DIET is the only diet that keeps the weight off for a lifetime. Granny's Diet for Teens will effectively give teens an opportunity to lose excess weight permanently. It isn't uncommon to include ages below thirteen and above nineteen. Teen years for boys and girls are often characterized by extreme variations of food consumption: from too little to too much. Many men and women above nineteen are yet struggling to overcome the excessive weight gained from their teenage years.

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