



## The Black Girl s Diet: Lose Up to 21 Lbs. in 30 Days! (Paperback)

By Djuana Harvey

Createspace, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Black Girl s Diet guarantees that you can lose up to 21 lbs. in 30 days. Offering ground-breaking insight into what to eat and what to avoid, the Black Girl s Diet shows Black Women how to finally win the battle against weight loss. Offering revelational teaching and insight into how Black women may perceive themselves and their weight. The Black Girl s Diet teaches women of all ages and backgrounds, that with the tools of discipline, laughter, 30 days, and a lot of self-love, that losing weight and keeping it off is finally possible. The Black Girl s Diet guarantees that losing up to 21 lbs. in 30 days is actually a reality.



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