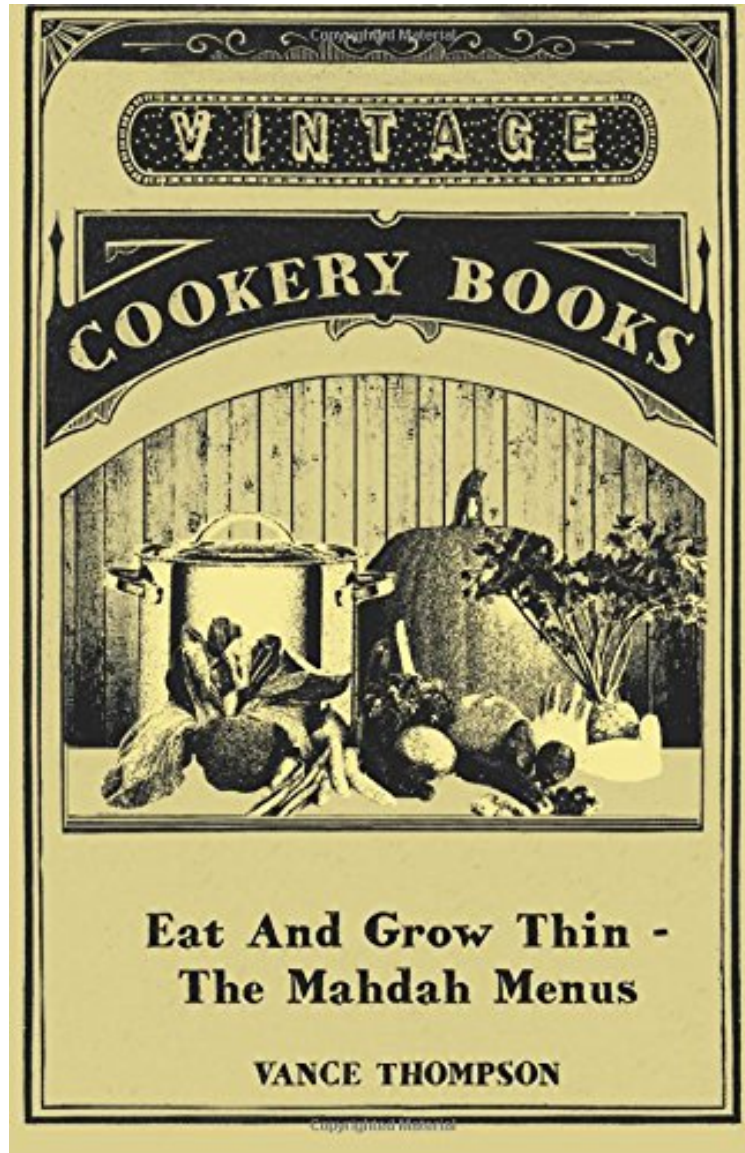


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## Eat And Grow Thin - The Mahdah Menus

*Vance Thompson*

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2 of 2 people found the following review helpful. A quick, informative read By DrP Q This is a great little volume that includes insights into why some foods are great for weight loss and why other foods spell disaster. Includes a handy checklist. "Eat and Grow Thin" is written in a breezy, slightly ironic tone. Informative and engaging! 0 of 4 people found the following review helpful. One Star By Becky J not what I expected as well

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