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the STEP BOOK DIET

JOES O. HILL, Ph.D.,

JOHN C. PETERS, Ph.D.,

with BONNIE T.

JORTHEN, M.S., R.D.

Foreword by

PAMELA M. PEDER, M.D.,

author of *Flight*

Fat After Forty

COUNT STEPS, NOT
CALORIES, TO LOSE
WEIGHT *and* KEEP IT
OFF FOREVER.



The Step Diet

**George Frederick Shrady, Thomas
Lathrop Stedman**



The Step Diet:

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