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21 life lessons from livin la vida low carb how the - *21 life lessons from livin la vida low carb how the healthy low carb lifestyle changed everything i thought i knew jimmy moore dana carpender on amazon com free shipping on qualifying offers after shedding 180 pounds in 2004 jimmy moore quickly realized that low carb was about so much more than just weight loss it was a way of eating that he needed to do for the rest of his life, **livin la vida low carb my journey from flabby fat to** - livin la vida low carb my journey from flabby fat to sensationally skinny in one year jimmy moore on amazon com free shipping on qualifying offers read the inspiring story of one man s 180 pound weight loss after years of failed diets jimmy moore transformed himself from morbid obesity into the healthy*

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