

By America's favorite radio doctor, author of *Getting Thin*

# FAT FREE, FLAVOR FULL

## DR. GABE MIRKIN'S GUIDE TO LOSING WEIGHT AND LIVING LONGER

"No one knows this territory better than Gabe Mirkin. If you want a longer, healthier life, pay attention to every page." — Larry King

Featuring 275 Deliciously  
Simple Meatless Recipes

Gabe Mirkin, M.D., and Diana Rich

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**ML Yell**



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