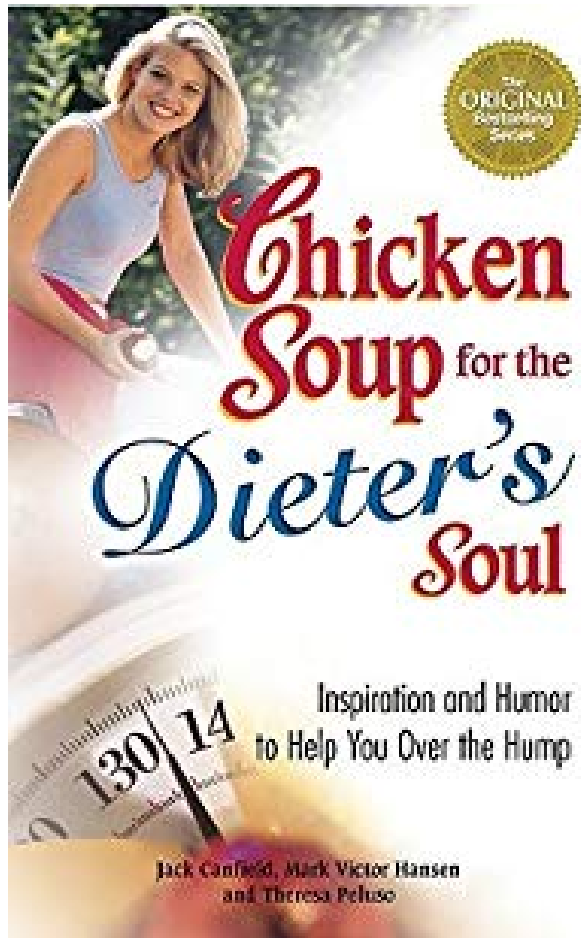


Chicken Soup for the Dieter's Soul: Inspiration and Humor to Help You Over the Hump (Chicken Soup for the Soul)



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Whether it's Atkins or South Beach, no carbs or no sugar, One Minute Wellness or 8 Minutes in the Morning, millions of people are doing it: Dieting. Tips on great food, (including recipes), portio