



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

Jack Canfield, Mark Victor Hansen

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Chicken Soup for the Dieter's Soul is the perfect pick-me-up for the dieting blues, filled with humorous, uplifting, and inspiring stories about how real people discovered the lighter, brighter side of dieting and got healthier along the way.



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