



The Dukan Diet

By Pierre Dukan, Dr Pierre Dukan

Bolinda Audio, United States, 2014. CD-Audio. Book Condition: New. Unabridged. 170 x 135 mm. Language: English . Brand New. Devised by Dr Pierre Dukan, a French medical doctor who has spent his career helping people to lose weight permanently, The Dukan Diet is the culmination of thirty-five years clinical experience. Without any of the usual marketing hype, The Dukan Diet swept across France, championed by the people who had successfully lost weight following the diet. It is now estimated that the Dukan community numbers over 5 million people in France. Easy to follow with no calorie counting, The Dukan Diet offers clear simple guidelines, menu planners and delicious recipes for long term success. Beyond its immense success in France, The Dukan Diet has been adopted by 20 countries and translated into 10 languages. Many international observers agree that this is the method most likely to put a stop to the world's weight problems.



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