



## The Sonoma Diet: Trimmer Waist, Better Health in Just 10 Days! [Hardcover] by.

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By Guttersen, Connie; Karpinske, Stephanie [Editor]

Meredith Books, 2005. Hardcover. Condition: New. 000-318: Hardcover with Dustjacket. 319 pages. No Defects. A New, Unread Book. A beautiful copy with clean, unmarked pages. Tight hinges suggest book has never been opened. Perfect Gift Quality. Detailed Meal Plans, Recipes High in Flavor and Nutrients, the Top 10 Sonoma Diet Power Foods, and an East-to-Use Pullout Guide. Decorated Endpapers. Stated First Edition 2005.



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