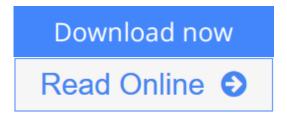


# DIET WATCHER'S GUIDE: A PROVEN METHOD OF WEIGHT REDUCTION BASED ON THE GROUP PROGRAMS OF DIET WATCHER INC.

By Sara Welles Briller Ann Gold



DIET WATCHER'S GUIDE: A PROVEN METHOD OF WEIGHT REDUCTION BASED ON THE GROUP PROGRAMS OF DIET WATCHER INC. By Sara Welles Briller Ann Gold

A proven method of weight reduction based on the group programs of Diet Watchers, Inc.

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