



The Dukan Diet: How I Lost 80 lbs (And Look And Feel The Best I Ever Had In My Life!)

Marissa Kramer

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After several failed diet attempts, I wanted to try The Dukan Diet when I first heard about it a year ago. Unfortunately, when I found out that certain Hollywood types (think overexposed sex tape reality stars) tried this diet, I wanted to run in the other direction, but I was overweight, had no job and my marriage was slowly crumbling. I had to do something.

I did the research and found that The Dukan Diet is the best plan to fit my lifestyle. Several months later, I lost over 80 lbs, got a job and my marriage is the best it's ever been. The diet didn't do all of that. I did. I made the first steps to take control of my life. With a little help, the rest fell into place. My journey hasn't been easy but it was well worth it. Make your own success story too.

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Ginger Knowles:

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