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Strategies For Permanent Weight Loss By Stephen  
Gullo**

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### **Stephen gullo (author of the thin commandments)**

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Oct 02, 2013 This video is kinda all over the place. I explain why diets don't work, I talk about how idiotic it is to treat anorexia as a diet, and I say why the "thin

### **The thin commandments diet: the ten no- fail**

The Thin Commandments Diet: The Ten No-Fail Strategies for Permanent Weight Loss (Random House Large Print (Cloth/Paper)). Author: Stephen Gullo. Pages: 037543450X.

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### **Amazon.co.uk: customer reviews: the thin**

4 stars. "Surprisingly good book!" This book can work alone or with your current weight loss regimen. Although Stephen Gullo includes a 10 day diet plan to get

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