



# The Dieter's Guide to Weight Loss During Sex

*Richard Smith*

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## **The Dieter's Guide to Weight Loss During Sex** Richard Smith

A humor classic, this tongue-in-cheek diet plan bases calorie counts on sexual activity and charts the exact number of calories burned. "You and your friends can read this book aloud while sitting on the beach and shed a combined total of ten thousand calories in thirty-three minutes. Yes, it's that funny." -*Glamour*.

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