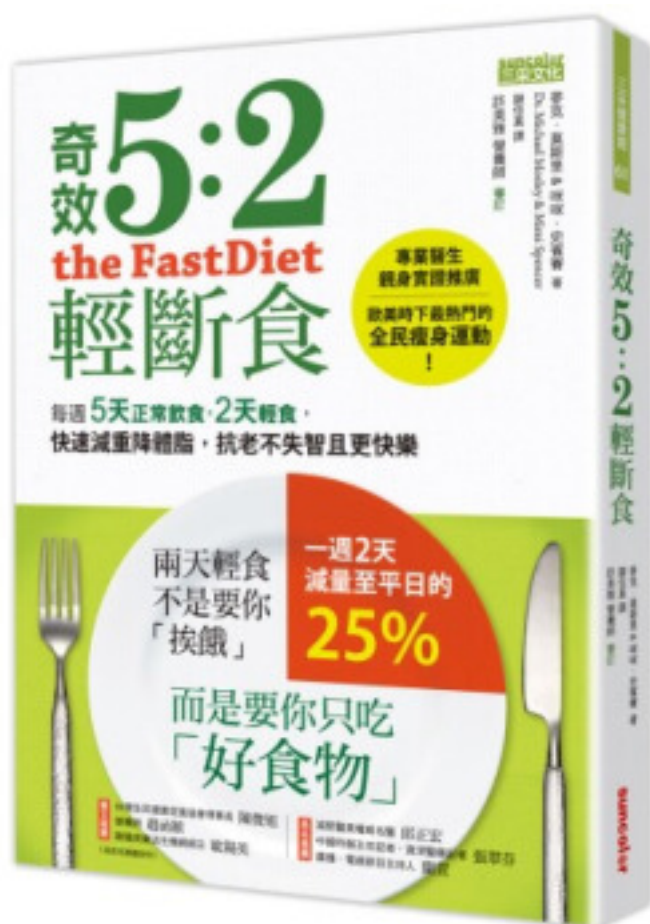


奇效5：2輕斷食：每週5天正常飲食，2天輕食，快速減重降體脂，抗老不失智且更快樂 [The FastDiet: Lose Weight- Stay Healthy- and Live Longer with theSimple Secret of Intermittent Fasti]



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著者:麦克·莫斯里，咪咪·史宾赛 著，謝佳真 译

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