



**[Art Smith's Healthy Comfort: How America's
Favorite Celebrity Chef Got It Together, Lost
Weight, and Reclaimed His Health! Smith, Art (
Author)] { Hardcover } 2013**

By (author) Art Smith

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Shares easy recipes for delicious dishes that are a great part of a weight-loss plan that is actually enjoyable. This title stresses the importance of celebrating food traditions while at the same time learning how to create new and healthier food options.

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