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40 Lbs And Kept It Off-And How You Can Too! By  
Maria Menounos**

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Mar 10, 2014 In her new book "The EveryGirl's Guide to Diet and Fitness: How I lost 40 lbs and Kept It Off -- And How You Can Too!" Maria Menounos talks about how she

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Jun 17, 2014 Think you can never be too thin? Wrong, says Maria Menounos, who revealed how she lost 40 pounds the healthy way with diet and exercise in an interview

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