

**Living Well: 21 Days To Transform Your Life,  
Supercharge Your Health, And Feel Spectacular By  
Montel Williams; William Doyle**

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Montel Williams was born on July 3, 21 Days to Transform Your Life, Supercharge Your Health and Feel Spectacular" by Montel with William Doyle.

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### **21 day diet: montel williams - everydiet**

In 21 Days to Transform Your Life Montel Williams shares his diet that he uses to alleviate multiple sclerosis. Involves no junk food and lots of vegetables

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