Thin for Life: 10 Keys to Success from People Who Have Lost Weight and Kept ItOff, 2003, 432 pages, Anne M. Fletcher, 0547346344, 9780547346342, HoughtonMifflinHarcourt,2003

In this new edition of the acclaimed bestseller, award-winning nutritionist Anne M. Fletcher incorporates exciting recent scientific research to show that permanent weight loss is far easier than is commonly believed. Whether you want to lose 10 pounds or 100, Thin for Life will help you master your weight problem by sharing the techniques of the real experts -- hundreds of women and men who have lost weight for good.

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The World's Best-kept Diet Secrets Lose Weight Quickly, Safely, and Permanently, Diane Irons, Jan 1, 1998, Health & Fitness, 326 pages. Offers tips about food selection, exercise, support groups, health matters, nd eating out, and includes a collection of low-calorie recipes..

The New Hilton Head Metabolism Diet Revised for the 1990's and Beyond, Peter M. Miller, Nov 15, 2008, Health & Fitness, 249 pages. Despite an increasing interest in health, a growing number of people in this country are overweight. In this updated edition, Dr. Miller incorporates the newest scientific.

Weight Loss Confidential How Teens Lose Weight and Keep It Off - and What They Wish Parents Knew, Anne M. Fletcher, 2006, Family & Relationships, 253 pages. Describes the unique problems and issues confronting teenagers when trying to lose weight and offers strategies designed to help teens lose excess pounds and create a healthful.

The I [love] NY diet, Bess Myerson, Bill Adler, 1982, Health & Fitness, 191 pages. Presents an easy, safe, and fast weight-loss program developed by the Bureau of Nutrition of New York's Health Department, with menus, practical tips, complete weekly and.

Awaken the Diet Within From Overweight to Looking Great - If I Can Do It,So Can You, Julia Griggs Havey, May 30, 2009, Health & Fitness, 304 pages. In this title, Julia Griggs Havey shares the weight-loss secrets which enabled her to lose 130 pounds and become a beauty queen. With more than 130 delicious recipes.

Thin Tastes Better, Stephen Gullo, Ph.D., Health & Fitness, 352 pages. Dr. Stephen Gullo, one of America's most well known diet gurus, shares his new and ground-breaking model for weight control and his dramatically effective Anti-Deprivation Diet.

The DASH Diet Health Plan Low-Sodium, Low-Fat Recipes to Promote Weight Loss, Lower Blood Pressure and Help Prevent Diabetes, John Chatham, Jan 1, 2012, Health & Fitness, . While fad diets come and go, the DASH diet is here to stay. Based on research by the National Institutes of Health, and endorsed by top-tier medical institutions like the Mayo.

Low-Calorie Dieting For Dummies , Susan McQuillan, Nov 22, 2005, Health & Fitness, 388 pages. Break your bad habits and start enjoying a low-cal lifestyle! Want to lose weight and keep it off for good? This no-nonsense guide shows you how to consume fewer calories than. Prevention's Your Perfect Weight The Diet-free Weight-loss Method Developed by the World's Leading Health Magazine, Mark Bricklin, 1995, Health & Fitness, 370 pages. Gives advice on how to avoid fatty foods, and maintain one's motivation to lose weight.

Weight Loss Confidential Journal Week-by-Week Success Strategies for Teens from Teens, Anne M. Fletcher, 2008, Juvenile Nonfiction, 262 pages. Weight Loss Confidential Journal is two things in one. ItB™s a roomy journal where you can write down what you eat, how much you exercise, and how you feel as you start to make.

The Healthy Obsession Program Smart Weight Loss Instead of Low-Carb Lunacy, Daniel S. Kirschenbaum, Aug 21, 2013, Health & Fitness, 324 pages. Seeking to dispel the myths surrounding low-carb diets, this instructional guide reveals the flaws in logic behind such eating methods while helping weight watchers develop a.

Eating Thin for Life Food Secrets and Recipes from People Who Have Lost Weight and Kept It Off, Anne M. Fletcher, 1998, Cooking, 352 pages. A companion book to the author's "Thin for Life" offers tips for losing and maintaining weight along with a weight-loss plan and low-fat recipes.

Home and Garden Bulletin , , 1950, Home economics, . .

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