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The Ultimate Weight Loss Bible 1 The Ultimate Weight Loss Bible Guide to Losing Weight By Rod Ferris B.A. CPT (YMCA, ACE), CFC, CPAFLA Rod has been personal training since the age of 18 when he received his personal training certification from the YMCA. He has received awards for his personal training and has authored several books.

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â€¢ Habits Not Diets: The Secret to Lifetime Weight Control James Ferguson and Cassandra Ferguson. Bull Publishing. 4th edition. 2003. ISBN 0923521704 â€¢ Breaking Free from Compulsive Eating Geneen Roth. Plume Books. 1993. ISBN 0452270847 â€¢ The Healthy Weigh: A Practical Food Guide Maureen Callahan. American Dietetic Association. 1991.

Helpful Guidelines for Successful Weight Loss

1. How This Book Can Help You Lose Weight 2. How to Learn What You Currently Eat and Drink 3. How to Find Out What You Need To Eat and Drink 4. How to Construct an Effective Weight Loss Strategy (extremely effective dieting tips) 5. How to Eat the Right Amount of Calories for You (how to lose weight fast) 6. How to Decrease Portion Sizes 7.

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60 Days to Healthy Weight Loss and Whole Body Cleansing

with the right portions, it's also effective for short- and long-term weight loss. Find out more about the DASH Diet and if it's right for you. Dietician Marla Heller's version of the DASH Diet, from her book The DASH

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misinformation about what constitutes a healthy diet had caused that epidemic of weight gain in this country. The book made a greater impact than anyone might have predicted. Its sales exceeded ten million copies, and it was the number one-selling diet and health book in the U.S. for nearly five years.

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