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The Complete Weight Loss Judith Wylie-Rosett.

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Judith Wylie-Rosett (ISBN: 9781580402569) from Amazon's Book Store. The Complete Weight Loss Workbook: Effective weight management guide 16 Oct. 2007

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"AMWA Publications: The Writer's Workbook (Appelbaum and Janovic) (rvw), 1991;6(3):28 "A Journalist's Guide to Writing Health Stories" (Guyatt,

Syndrome w: a woman s guide to reversing midlife

A Woman s Guide to Reversing Midlife Weight Judith Wylie-Rosett author of the America Diabetes Association's The Complete Weight Loss Workbook,

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yogurt and other foods consumed by millions can raise the blood sugar level sweeteners help or hinder people's ability to lose weight and lower

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The cognitive behavioral workbook for weight

The Cognitive Behavioral Workbook for Weight C.Psych., staff psychologist and clinical team leader Julie Janeway, author of The Real Skinny on Weight Loss

Protein and heart health

Recognizing Roadblocks in Weight Loss; Eating When Not said Judith Wylie-Rosett, The American Heart Association has a guide outlining suggested servings for

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