



A Physician's Slimming Guide: For Permanent Weight Control (Workbook for Permanent Weight Control)

Neal D Barnard M.D.

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A Physician's Slimming Guide: For Permanent Weight Control (Workbook for Permanent Weight Control) Neal D Barnard M.D.

Offering a different approach from standard diets, this book shows how to lose fat and keep it off, how to increase metabolic rate through food selection, choose foods that are nutritious and not calorie-dense, and introduces new methods to burn calories more effectively.

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