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Sandra Alters



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Lose 20 Pounds in 30 Days with 101 Weight Loss Tips + Plus Bonus , My Big Fat Greek Diet Nick Yphantides, Mike Yorkey, 2006-06-18 In My Big Fat Greek Diet Dr Nick Yphantides teaches readers the powerful 7 Pillars of Weight Loss which features medically safe practical how tos anyone can apply whether they need to lose 10 or 300 pounds Analyzing components of a variety of diets Dr Nick assists readers in customizing a weight loss program to their specific needs and lifestyles Topping out at 467 pounds Dr Nick was known in San Diego as a big man with a big heart When a battle with cancer inspired him to focus on his own health he embarked on a lifestyle change that would drop him to a svelte 200 pounds His book now in trade paper will inspire and equip readers to design a program that allows them to experience their own weight loss miracle *Flip the Switch, Lose the Weight* Robert K. Cooper, Leslie L. Cooper, 2007-03-06 Explains how to achieve lasting weight loss and build energy stores by permanently triggering the brain's metabolic thermostat and turning off the body's fat storing reflexes in a reference that outlines a twenty minute exercise plan shares a customizable weight loss program and provides more than one hundred recipes Original Weekly World News , 1989-04-25 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world's only reliable news source since 1979 The online hub www.weeklyworldnews.com is a leading entertainment news site **Ebony** , 1980-11 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine **Ebony** , 1981-04 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine **Trouble Spot Fat Loss** Bruce Krahn, 2015-03-17 From health and fitness expert and author of The Fat Fighter Diet comes a guide to dropping the fat from your most stubborn hard to lose trouble spots We are obsessed with fat But how much do you really know about it In Trouble Spot Fat Loss Bruce Krahn tackles fat loss myths explains what fat is how it works and how to drop fat from trouble areas in a healthy and sustainable way This book combines diet and fitness in an accessible manner without being restrictive or damaging to the body as so many modern fad diets are Trouble Spot Fat Loss tells you where to start and how to stay motivated to achieve the healthy body you've always wanted Contributing a foreword to the book is Vince DelMonte the world renowned Skinny Guy Saviour who developed the No Nonsense Muscle Building program to help people live healthier happier lives with a more satisfying body His program has sold tens of thousands of copies across the world Trouble Spot Fat Loss shows you how to reshape your body in a healthy way and keep fat off those trouble spots for good **Weekly World News** , 1989-03-21 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world's only reliable news source since 1979 The online hub www.weeklyworldnews.com is a leading entertainment news site **The Art of Day To Day Instant Weight Loss Secrets Tips, Solution, Diet, Home Remedies In 21st Century's** Harry Kainth, 2014-09-24 Best book to help you to loose

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