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How to Prevent Your Stroke J. David Spence, 2006 Live saving advice is given for those at risk of their first stroke and those who have already had a mini stroke the 1 risk factor facing survivors

One Smart Cookie Julie Van Rosendaal, 2004-01-01 Presents low fat renditions of favorite cookie recipes including such treats as triple chocolate chunk cookies and cheesecake brownies as well as tips on low fat baking guides to ingredients and nutritional strategies

Crazy Plates Janet Podleski, Greta Podleski, 2000 The Looneyspoons sisters are at it again In a whirlwind of cooking and laughing up a storm they've whipped up a brand new batch of recipes so insanely good and good for you that you won't miss the fat

The Right Moves Tina Schwager, Michele Schuerger, 1998 Explains how girls can achieve total fitness by focusing on three broad areas developing a positive self image choosing nutritious foods and exercising regularly

The Publishers Weekly, 1999 Canadian Books in Print. Author and Title Index, 1975

Small Press, 1997 *Pick-A-Party Cookbook* Patty Sachs, 1998-08-01 Menus recipes and serving suggestions for 101 theme parties

From Couch Potato to Baked Potato Jon Dald, 1998

Canadian Books in Print 2002 Marian Butler, 2002-02

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