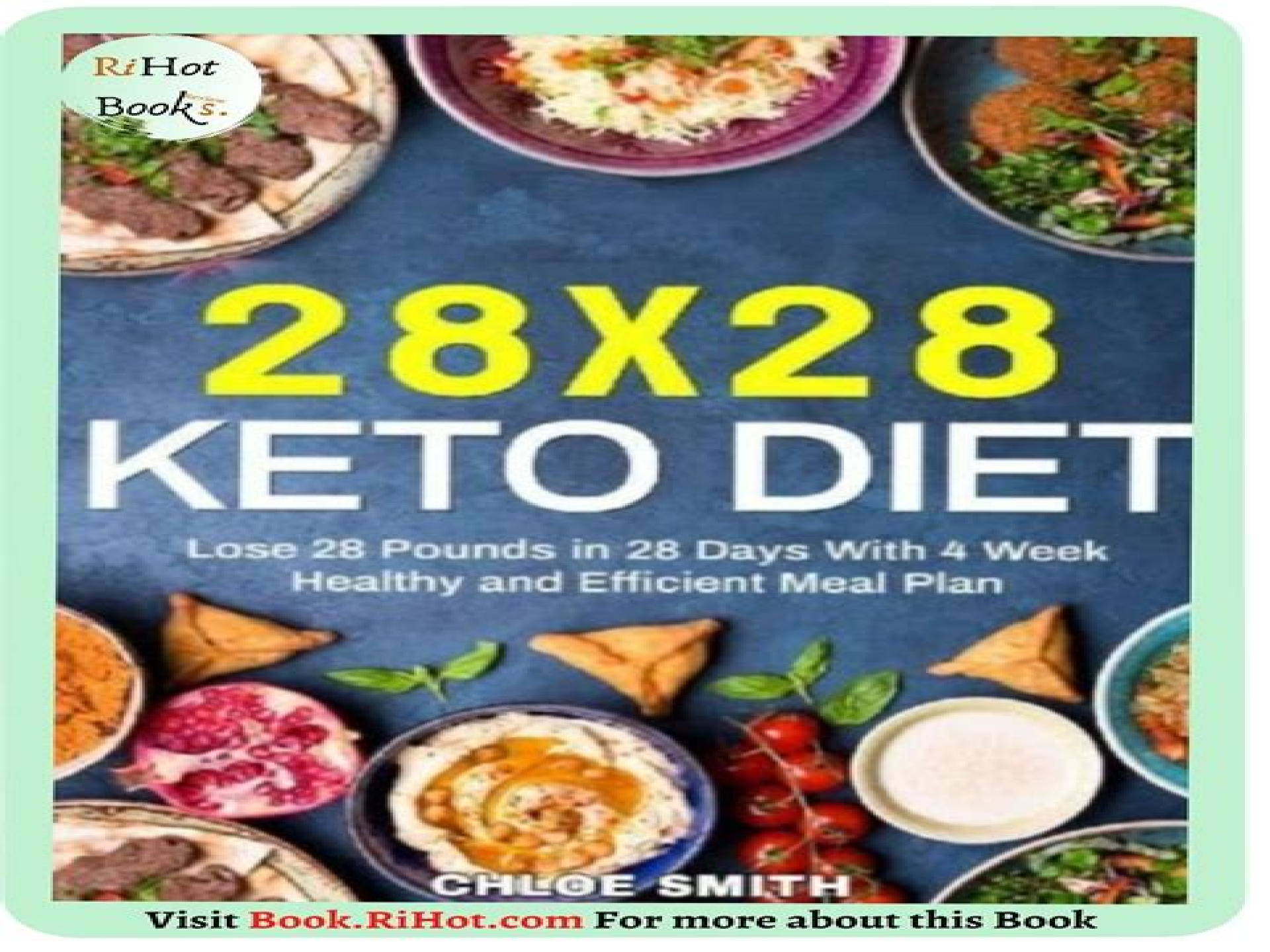




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Lose Those Last 10 Pounds Denise Austin, 2001-03 Offers a combination of bodyshaping exercise routines and meal plans to help readers lose weight and get in shape accompanied by tips on ways to boost one's metabolism nutrition mental energizers and simple calorie burning techniques

The Obesity Myth Paul Campos, 2004-05-03 Is your weight hazardous to your health According to public health authorities 65 percent of us are overweight Every day we are bombarded with dire warnings about America's obesity epidemic Close to half of the adult population is dieting obsessed with achieving an arbitrary ideal weight Yet studies show that a moderately active larger person is likely to be far healthier and to live longer than someone who is thin but sedentary And contrary to what the fifty billion dollar per year weight loss industry would have us believe medical science has not yet come up with a way to make people thin After years spent scrutinizing medical studies and interviewing leading doctors scientists eating disorder specialists and psychiatrists Professor Paul Campos is here to lead the backlash against weight hysteria and to show that we can safeguard our health without obsessing about the numbers on the scale But *The Obesity Myth* is not just a compelling argument grounded in the latest scientific research it's also a provocative wry exposé of the culture that feeds on our self-defeating war on fat Campos will show How the nation's most prestigious and trusted media sources consistently misinform the public about obesity What the movie industry's love affair with the fat suit tells us about the relationship between racial and body-based prejudice in America How the skinny elite with their supersized lifestyles and gas-guzzling SUVs project their anxieties about overconsumption on the poorer and heavier underclass How weight loss mania fueled the impeachment of Bill Clinton In this paradigm-busting read Professor Campos challenges the conventional wisdom regarding the medical political and cultural meaning of weight and brings a rational and compelling new voice to America's increasingly irrational weight debate

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Words on Cassette, 2002 R R Bowker Publishing, 2002

The Eat-Clean Diet Stripped Tosca Reno, 2011-03-15 Getting rid of the last 10 pounds is the hardest part of losing weight because your body wants to hang on to them So many people exercise and eat right but those pounds refuse to budge and they have no idea why Author Tosca Reno shares the slim-down secrets of fitness models and celebrities teaching readers how to finally lose that last 10 pounds and keep it off for good Bonus 50 new Eat Clean recipes

The Publishers Weekly, 2000

Books Out Loud, 2004

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Weekly World News, 1989-07-25 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

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