

# MAINTAINING THE MIRACLE

An Owner's Manual for the Human Body

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# <u>Maintaining The Miracle An Owners Manual For The</u> <u>Human Body</u>

S Ben Porath

#### **Maintaining The Miracle An Owners Manual For The Human Body:**

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Proietto, 2016-08-12 The main purpose of Body Weight Regulation is to educate the reader on the best strategy for losing weight and keeping it off long term But after many years of managing obesity the author has found that to achieve the best results it is essential to understand the true nature of obesity Thus this book first discusses the way the brain regulates body weight and how obesity cannot be caused only by poor lifestyle choices It reviews the overwhelming evidence that obesity has a strong genetic or epigenetic basis and gives an evidence based detailed strategy on how to lose weight and keep it off Body Weight Regulation discusses practical advice on how to structure meals that can be used during the weight loss and Out of the Belly of the Whale J. Austin Eileen J. Austin, 2010-03 The book is completed and weight maintenance phases may be purchased at Amazon com Barnes and Noble or any of your favorite Christian or local bookstores Just ask for Out of The Love Connection Michael R. the Belly of the Whale by Eileen J Austin Mundy, 2015-01-28 This book is about a journey into the workings of the Soul The truth about a human being s life purpose and the keys to transform one s life have been discussed and written about for centuries by many different people of many different spiritual persuasions These truths whilst written in different languages and supported by different religious beliefs nevertheless have come from the same Divine source and subsequently are universal truth that when embraced bring forth unified outcomes In the writing of this book I have harmonized these important Spiritual Psychological and Philosophical truths bringing them together to reveal the keys to a holistically successful life body mind and Soul I envisage that by accepting and acting on this truth your life will be quietly transformed perhaps from one of anxiousness and uncertainty to one of calm and certainty which will find you at peace with your past intensely passionate about your present and confident and calm about your future Paperbound Books in Print 1995 Reed Reference Publishing, R5 ference Reed, 1995-12

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