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The Woman's Day Guide to Lasting Weight Loss Kathy Keenan Isoldi,2007

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Dr. Romano's Megatetics Weight Reduction Guide Ronald R. Romano,1978

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The Complete

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Walking Magazine's the Complete Guide to Walking for Health, Weight Loss, and Fitness Mark Fenton, 2001 A guide to walking presents a diet and exercise plan to improve overall health lose weight build endurance and speed and become fit

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American Dietetic Association Complete Food And Nutrition Guide, Rev Updated 4e Roberta Larson Duyff, 2012-02-03

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