



Thin for Life: 10 Keys to Success from People Who Have Lost Weight and Kept It Off

Anne M. Fletcher M.S. R.D.

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In this new edition of the acclaimed bestseller, award-winning nutritionist Anne M. Fletcher incorporates exciting recent scientific research to show that permanent weight loss is far easier than is commonly believed. Whether you want to lose 10 pounds or 100, *Thin for Life* will help you master your weight problem by sharing the techniques of the real experts -- hundreds of women and men who have lost weight for good.

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