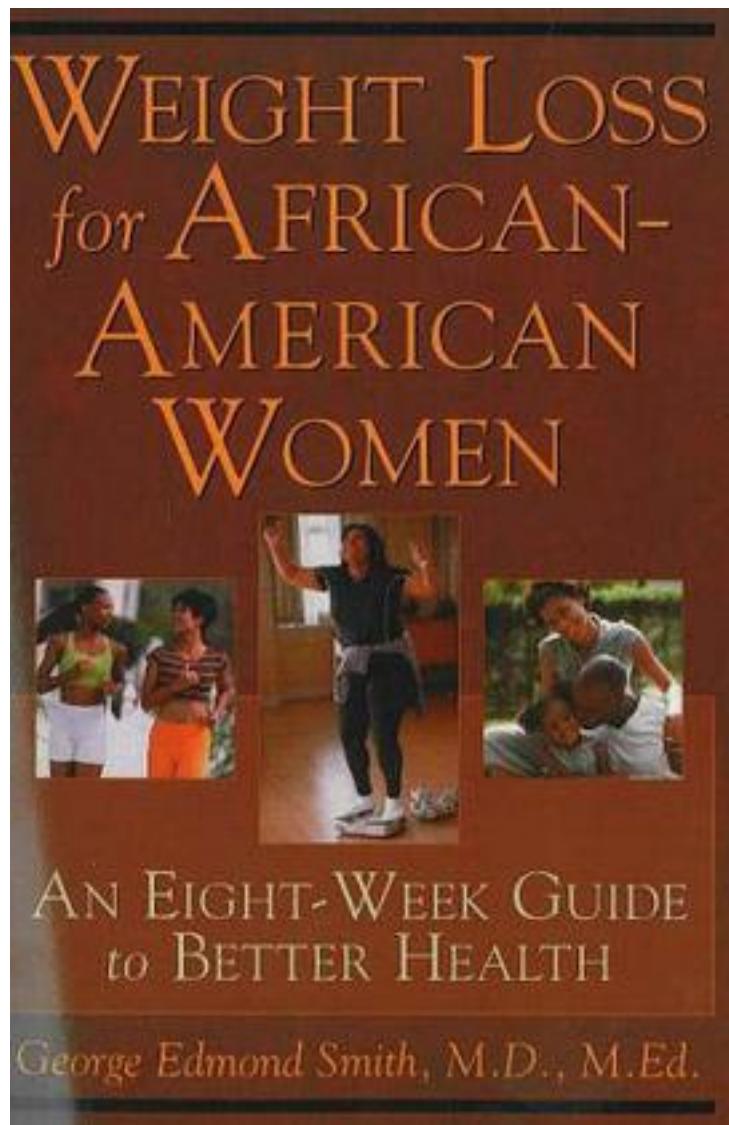


Weight Loss for African-American Women



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著者:Smith, George Edmond

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Offering a new approach to weight loss tailored specifically to black women, this guide empowers women to develop skills for weight management and healthy living. Providing simple nutritional information and exercises, it addresses the common misconceptions of many so-called diets--almost all of which overlook or ignore the ethnicity component so essential to black women--and replaces them with a sound, culturally sensitive plan for black women to lose weight and stay healthy. An appendix of health-care resources includes advice on finding a physician, alternative health clinics, fitness centers, and public health facilities, and a glossary explains common medical and nutrition terms.

作者介绍:

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