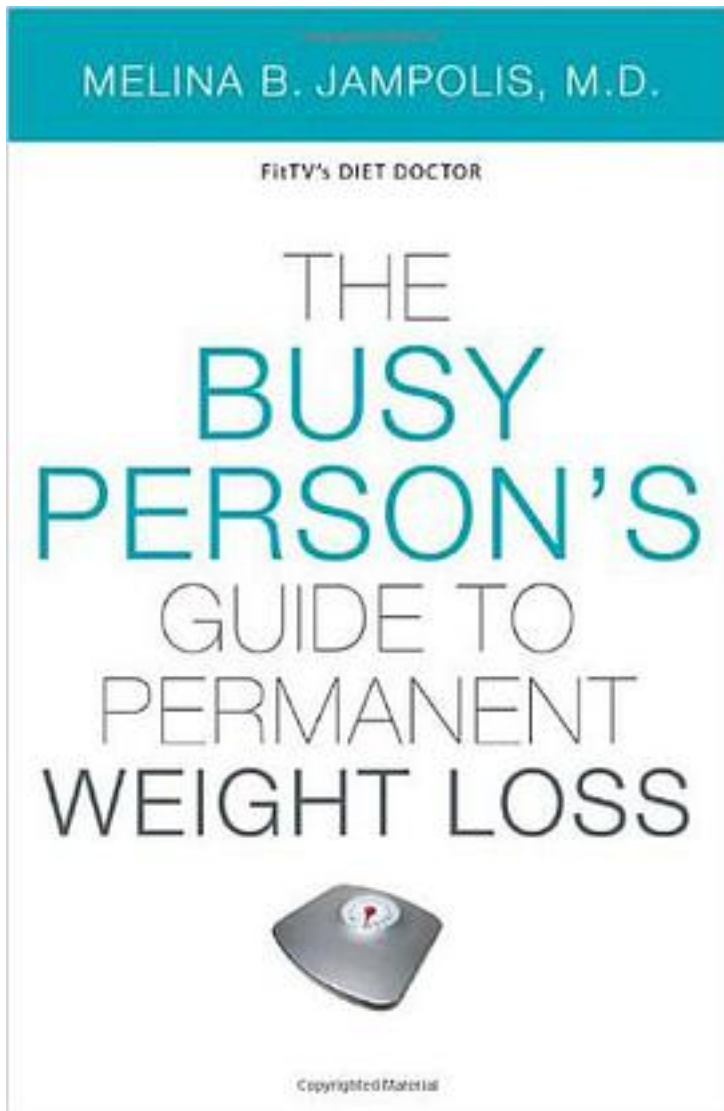


The Busy Person's Guide to Permanent Weight Loss



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著者:Jampolis, Melina B.

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"The Busy Person's Guide to Permanent Weight Loss" reveals a weight-loss plan busy people can successfully use in the real world. Busy people see to everything and everyone-except themselves. The result is unexpected weight gain. But few people have the time to lose weight. This revolutionary approach to weight loss embraces the hectic lifestyle and provides realistic strategies for staying on target, including: a program that is easily tailored to fit individual dieting needs helpful dining options for eating out healthy, flavorful, and FAST menu ideas for eating in, and time saving strategies to maximize results. No two people lose weight the same way, and busy people need a plan designed for their schedule. Dr. Jampolis has developed variations of the plan that will work with every lifestyle and every schedule. You can even create your own plan by applying her seven principles into a plan that suits your lifestyle.

作者介绍:

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