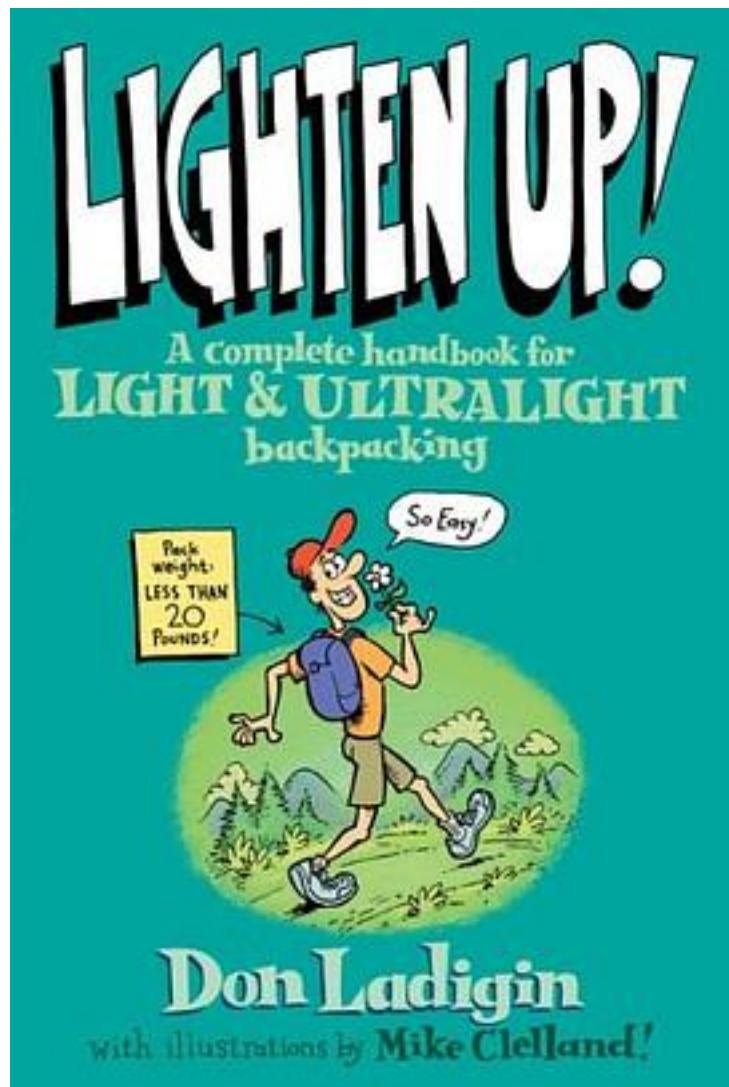


Lighten Up!



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著者:LaRoche, Loretta

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Loretta LaRoche is sick to death of diets and diet books. Not a day goes by without an article appearing in the media that reveals some food that could be harmful or helpful to our health. Food has become either demonic or divine. We've forgotten how to be in "right relationship" with one of the greatest pleasures we have in life: eating. As a result, we're fatter than ever and more stressed out about being fat. In this humorous and informative book, Loretta cuts through the nonsense, disclosing the wisdom she has accumulated from "having gained and lost a tribe of people." She also shares her expertise as an international stress consultant, former aerobics instructor, and owner of a wellness center. Her eight surprising secrets for reducing weight and stress might surprise you as she leads you down the path of learning to eat well, moving with joy, and living a more balanced life. Her greatest promise is that you will get into shape . . . and have fun while you're doing it.

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