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Lose weight by eating guilt-free, low-calorie, unprocessed versions of all your favorite foods, with this helpful, accessible diet and cookbook featuring more than 130 clean eating recipes and gorgeous full-color photos from the popular weight loss blogger who lost 150 pounds in eleven months.

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Tommy Tomlinson's book about losing weight is really about ...

(Getty/Barcin) Tommy Tomlinson's book about losing weight is really about "the things that haunted me" "I was afraid of what writing about that would mean, of the emotional depths that I would

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Losing Weight; Bryan Westra; 9781540488787; Books - Amazon.ca

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Losing Weight After 60 Is Hard Here Are 9 Ways to Drop ...

Carolyn Dean, MD and author of 30 books, For most people, losing weight after 60 is hard, but that's normal. However, if losing weight is exceptionally hard, you may want to check with your doctor that you don't have any health conditions. The two most common health conditions

that can cause weight gain are: 1) the thyroid losing function, and 2) insulin becoming less functional. The