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How to look '20 Pounds
Younger' **David Spade on**
Dating Younger Women *Using*
Up Scraps, Cute Little

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Booklet Her Secret Plan Method

For Weight Loss Will Blow

Your Mind | Liz Josefsberg

*on Health Theory ***The World**

in 2030 **by Dr. Michio Kaku**

You Can't Fix Them | Trent

Shelton ~~Joe Rogan Experience~~

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~~Randall Carlson~~

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~~Why Weight Loss Is All In~~

~~Your Head | Drew Manning on~~

~~Health Theory~~

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20 Books I Read that Changed
my Life + why you need to
read them (book guide)

Half Ton Man (Obesity
Documentary) | Real Stories

Why Changing The Way You
Breathe Will Transform Your
Body and Mind with James

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~~Nestor I was Born Old, But~~

~~Every Day I'm Getting~~

~~Younger | My Incredible~~

~~Story IF YOU Want To Live~~

~~Longer WATCH THIS (How To~~

~~Age In Reverse) | David~~

~~Sinclair \u0026 Lewis Howes~~

I PASSED MY DRIVING TEST

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(UK) EXPERIENCE + TIPS ON

HOW TO PASS FIRST TIME |

JOESSY B I Have Severe OCD |

The Secret Life of Lele Pons

My philosophy for a happy

life | Sam Berns |

TEDxMidAtlantic

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Jocko Podcast 112 w/ Jordan

Peterson - Life is Hard. 12

Rules for Life. **Eat These**

Ingredients to Slow The

Aging Process | Naomi

Whittel on Health Theory 20

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But perhaps they're just

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being, well, modest, because the benefits can be totally life changing. For most women, losing 20 pounds doesn't just improve their cardiovascular health, cholesterol profile, blood sugar levels, and other bio-

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markers, it can actually make them look and feel years younger, feel more energetic, and experience an increased desire for sex.

20 Pounds Younger: The Life-Transforming Plan for a

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20 Pounds Younger: The Life-
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Fitter, Sexier You! by.

Michele Promaulayko, Laura

Tedesco. 3.16 · Rating

details · 70 ratings · 4

reviews. Most women feel

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that dropping 20 pounds

would land them in their
perfect-body sweet spot.

Coincidentally, clinical
research shows that losing
10 percent of one's body
weight--about 20 pounds for
most people--results in

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Blood pressure goes down;
the heart becomes stronger
and arteries, more flexible;
the ...

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20 pounds younger : the life-
transforming plan for a
fitter, sexier you! by
Promaulayko, Michele.

Publication date 2015 Topics
Women -- Health and hygiene,
Reducing diets, Reducing

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exercising, Rejuvenation, A

Physical fitness for women,

Beauty, Personal, Weight

loss, Beauty, Personal,

Physical fitness for women,

Reducing diets, Reducing

exercising, ...

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20 pounds younger: the life-transforming plan for a ...

Expect to find more solid, actionable advice in 20

Pounds Younger: Secrets To Lasting Weight Loss.

Remember, it takes a lot of personal effort and

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determination to lose weight and get in shape, but the more knowledgeable you are about what works and what doesn't, the easier it is. This book holds many helpful and insightful tips to help you achieve and maintain

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your health goals.
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**20 Pounds Younger: Secrets
To Lasting Weight Loss ...**

The Nutritious Life Studio.

TNS Ambassadors; About;

Videos; Recipes; Shop; Cart

(0) Menu × 20 pounds

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younger. Home » 20 pounds

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Eat Empowered. Are Bagels
Healthy? There is almost
nothing more satisfying than
biting into a warm, toasted
bagel. You get the crispy,

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the chewy—and all... For A
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Nutritious Life: Healthy
Tips, Healthy ...**

Compra 20 Pounds Younger:
The Life-Transforming Plan
for a Fitter, Sexier You!.

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ordini idonei

20 Pounds Younger: The Life- Transforming Plan for a Fitter ...

The Australian Terrier is a
descendant of the Rough

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Coated Terrier. The basics:
Height- 10-11 inches;
Weight- 9-14 pounds; Life
Expectancy- 12-14 years;
History- This dog breed was
brought to Australia in the
early part of the 19 th
century, from Great Britain.

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The Australian Terrier was derived from other Great Britain terrier breeds, including the Cairn, Dandie Dinmont, Skye and ...

Top 10 Best Dog Breeds

Weighing Under 20 Pounds -

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Yahoo Health Editor-in-Chief
Michele Promaulayko shares
five things to do in your
everyday life to look and
feel younger by losing 20
pounds Watch video covering
topics about Beauty Skin,

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**How to look '20 Pounds
Younger'**
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For women, belly fat is the #1 age accelerator. It contributes to diabetes, chronic fatigue, heart

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disease—all the inward and outward signs of aging. But now 20 Pounds Younger gives you effective weapons against belly bulge and many other confidence-crushing issues.

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**20 Pounds Younger by Laura
Tedesco and Michele
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The foundation of the eating
plan in my new book 20
Pounds Younger is centered
on mindful eating. And
learning how to eat

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mindfully is critical to

sustaining weight loss

because it teaches you how

to recognize real hunger

cues so that you don't fall

prey to emotionally-driven

eating triggers. RELATED:

How to Stop Emotional Eating

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**How Does Michele Promaulayko
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Enter to win a free copy of
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away 10 copies of 20 Pounds
Younger, a life-transforming

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Plan for a fitter, sexier
you from Yahoo Health Editor
Prömaulayko

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transforming plan for a

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[Michele Promaulayko] --

"Promaulayko shares insider secrets that she learned directly from the country's smartest minds in wellness as the editor-in-chief of

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Women's Health and now at
the helm of Yahoo Health, a
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Yahoo Health Editor-in-Chief
Michele Promaulayko shares

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five things to do in your
everyday life to look and
feel younger by losing 20
pounds

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Michele Promaulayko is the former editor-in-chief of Women's Health and author of *20 Pounds Younger*, which is published by Rodale, Women's Health's parent company..

Big goals can sometimes seem

...

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**Look Younger in 60 Seconds -
Women's Health**

Yahoo Health Editor-in-Chief
Michele Promaulayko shares
five things to do in your
everyday life to look and
feel younger by losing 20

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How to look '20 Pounds

Younger' [Video] - Yahoo

It's time to turn back the clock! In 20 Years Younger, Bob Greene offers readers a practical, science-based

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plan for looking and feeling their best as they age. The cutting-edge program details easy and effective steps we can all take to rebuild the foundation of youth and enjoy better health, improved energy, and a

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positive outlook Plan on life.

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20 Years Younger: Look

**Younger, Feel Younger, Be
Younger ...**

Simply put, you can lose 20
pounds in several months by
eating fewer calories than

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you do now and exercising vigorously for three to five hours per week using resistance training, interval training, and cardio training.

What does it ACTUALLY take

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to lose 20 pounds? – The
Hill

Here, women who lost 20
pounds or more share how
long it actually took them
to shed the pounds—and what
helped them finally reach
their goal weights. "I lost

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Ever wish you could have the
top experts in weight loss,
nutrition, fitness, and anti-

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aging available to answer
your pressing questions—and
to coach you to become your
fittest, healthiest self?
Well, now, you can! In 20
Pounds Younger, Michele
Promaulayko shares insider
secrets that she learned

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directly from the country's
smartest minds in wellness
as the editor-in-chief of
Women's Health and at the
helm of Yahoo Health.

Promaulayko presents a plan
of action for melting
stubborn fat, toning and

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shaping muscle, and erasing the aging effects of stress and poor health habits. For women, belly fat is the #1 age accelerator. It contributes to diabetes, chronic fatigue, heart disease—all the inward and

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outward signs of aging. But now 20 Pounds Younger gives you effective weapons against belly bulge and many other confidence-crushing issues. You'll get strategies to neutralize cravings and emotional

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Transforming and a 6-week strength-training plan that will tone every inch of your physique and turn your body into a round-the-clock fat-burning furnace. Inside you'll find:

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makes nutritious eating easy
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to overcome cravings, plus
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step-by-step beauty boosters

– Energy-enhancing
techniques for reducing
stress and sleeping more
deeply

Ever wish you could have the
top experts in weight loss,

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nutrition, fitness, and anti-aging available to answer your pressing questions--and to coach you to become your fittest, healthiest self? Well, now, you can! In 20 Pounds Younger, Michele Promaulayko shares insider

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secrets that she learned directly from the country's smartest minds in wellness as the editor-in-chief of Women's Health and now at the helm of Yahoo Health, a digital magazine.

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of action for melting stubborn fat, toning and shaping muscle, and erasing the aging effects of stress and poor health habits. For women, belly fat is the #1 age accelerator. It contributes to diabetes,

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chronic fatigue, heart disease--all the inward and outward signs of aging. But now 20 Pounds Younger gives you effective weapons against belly bulge and many other confidence-crushing issues. You'll get

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strategies to neutralize
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- A 6-week get-fit guide to increasing your metabolism and strength
- Brain tricks to overcome cravings, plus an exclusive mindful-eating

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workshop • Simple pointers
for younger looking skin and
step-by-step beauty boosters

- Energy-enhancing
techniques for reducing
stress and sleeping more
deeply

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New York Times bestselling author and DASH Diet specialist Marla Heller reveals groundbreaking research to help prevent and even halt signs aging through a combination of DASH-approved superfoods and

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strategies designed Plan For A

target aging. The most
trusted brand in diets--the
DASH diet--has helped
millions of people lower
blood pressure, lose weight,
and improve their health.

Now, in this groundbreaking

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new program, it can help you look and feel 20 years younger! Marla Heller, New York Times bestselling author and premier DASH (Dietary Approaches to Stop Hypertension) dietitian, has combined key elements of the

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DASH diet with the latest cutting-edge research to develop a program that can halt and even reverse many of the effects of aging. Based on the diet rated the #1 Best Overall Diet by U.S. News & World Report, THE

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reveals five age-defying strategies designed to target the root causes of aging, including Oxid-Aging, Inflamm-Aging, and Glyc-Aging. You'll lose weight and turn back the clock

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while enjoying a delicious diet of antioxidant rich superfoods, satisfying plant-based meals, and foods that promote healthy gut bacteria and decrease inflammation and cravings. Featuring a natural detox that fights

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aging at the cellular level
and proven blood pressure
"busters," this powerful
program will help you erase
years with visible and
measurable results. In just
10 weeks, you can: Reverse
the diseases of aging

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Fortify and rejuvenate hair
and skin Revitalize and
strengthen bones, muscles,
and joints Improve heart
health and blood pressure
Lose weight, especially in
the tummy Look and feel
younger, healthier, and

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benefits. Adopt this easy-to-follow plan and you'll have better cholesterol levels, lower blood pressure, an in-control sugar level, a healthier heart, and a leaner body. And another big anti-aging bonus: Studies

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show many of the anti-aging foods found on this diet also nourish your skin so you can actually look younger. It's an added benefit that comes as a surprise to many, but it's a scientific fact: Eating

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certain foods can improve your skin in a variety of ways that give you vibrant color and can even diminish wrinkles. Along with the 7-week meal plan and fitness program, the diet includes more than 90 recipes for

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breakfast, lunch, and
dinner. Throughout, there is
abundant, proven advice on
overcoming mental hurdles to
achieve permanent diet
success and ideas on how to
personalize the plan to your
specific situation by

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swapping out meals. Get
ready to turn back the scale-
and the clock!

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Lose twenty pounds and
reverse the aging process in
just sixty days with this
clinically proven, holistic

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lifestyle plan from an anti-aging expert whose clients include some of New York City's most successful women. Most diets don't work because they restrict food intake and put inconsistent physical stress on the body,

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starving cells, throwing hormones out of whack, and slowing down metabolism. In *The Well Path*, Dr. Jamé Heskett offers us a radical new approach: In order to lose weight, we first have to heal the damage we've

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done to our bodies from A
years of dieting. Before we
can lose weight for good, we
need to achieve

homeostasis—total balance in
the body, with all its
systems working in concert.
When you're there, you're

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full of energy, look and feel younger, and lose weight effortlessly. The Well Path is her sixty-day plan to get you there. Dr. Heskett provides a detailed week-by-week and day-by-day calendar of small changes

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and challenges to get you on your own Well Path. You begin with Well Prep, a month-long period to get you acclimated to simple lifestyle changes. The second month is devoted to Well Practice, a roadmap to

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homeostasis that focuses on six areas of CHANGE:
Circulation—improving the vascular system gets rid of stored fat and toxins
Hunger—learning to identify real and false hunger to avoid overeating

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activity that can burn
hundreds of extra calories

Nutrition—a diverse array of
nutrients (especially fiber)

to improve gut absorption

and balance hormones General

Health—the importance of

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social interaction
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fit, and old to young—in

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It's time to turn back the clock! In 20 Years Younger, Bob Greene offers readers a practical, science-based plan for looking and feeling their best as they age. The

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cutting-edge program details easy and effective steps we can all take to rebuild the foundation of youth and enjoy better health, improved energy, and a positive outlook on life.

The four cornerstones of the

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program are: an exercise regimen for fighting muscle and bone loss, a longevity-focused diet, sleep rejuvenation, and wrinkle-fighting skin care. Woven throughout the text is practical advice on changing

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appearances, controlling stress, staying mentally sharp, navigating medical tests, and much more.

Readers will walk away with a greater understanding of how the body ages and what they can do to feel-and

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One hundred and seventy
millions Americans are
obese. Thirty million are
"skinny fat," not outwardly
big but inwardly nutrition
deficient. The authors of

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this book, both staunch
vegans for decades, were
among the "skinny fat."

After witnessing accelerated
aging, Marilyn Diamond and
Dr. Donald Schnell
transformed their health
through a radical lifestyle

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overhaul that most people over 40 will find easy and intuitive. Young for Life begins with the premise that our bodies are miraculous machines that have the potential for life-long vitality, sexuality, and

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youthfulness, and then shows how to reverse the signs aging through three key life-changing practices: - Whole Food nutrition for vital nutrients that combat genetic aging - Convenience exercise-6-second techniques

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of muscle contraction that
are the foundation of
shaping sexy muscle anytime,
anywhere - Disease-
prevention-fighting nutrient
deficiency with
micronutrient supplements

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Look Better Naked is a diet, exercise, beauty, and self-confidence plan from the editor-in-chief of Women's Health, the magazine that knows how to speak to women in a smart, inspiring way. The book offers expert tips

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and simple plans for

reshaping a woman's body quickly and easily. It

reveals the powerfoods a

woman should put on her

plate every day and has a

workout plan that delivers

results in just 15 minutes a

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day. The plan also helps a woman:

- flatten her belly
- tone her legs
- tighten her butt
- improve her skin and hair

A woman's posture, her pride, her personal power —they all go together. Look Better Naked shows a woman

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how to be the best possible version of herself that she can be.

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SLIM--it's the state everyone wishes their body was in. And it turns out there's actually a state of

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slim: Colorado, the place that boasts the lowest obesity rate in America. Now leading weight-loss researchers James O. Hill, PhD, and Holly R. Wyatt, MD, reveal how slender Coloradans get and stay that

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way and show how you can
achieve the same
results--even if you live in
Connecticut, California, or
Canada! If you doubt you
will ever reach your ideal
weight, help and hope are
here. State of Slim is

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broken down into three phases to help you reignite, rebuild, and reinforce your body's fat-burning engines so you develop a Mile-High Metabolism--one that is keenly responsive to shifts in activity and diet. In the

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reignite and rebuild phases, you'll learn the diet and exercise strategies that will help you drop up to 20 pounds in just 8 weeks. In the reinforce phase, you'll continue to lose weight and solidify your new lifestyle.

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Along the way, you'll discover how to make changes in your environment and your mind-set so they support, rather than thwart, your success. With State of Slim as your guide, you won't just lose weight, you'll

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actually change your body so
it is primed to stay in a
state of slim for good.

Offers advice on how to
overcome barriers to diet
and fitness goals,
addressing issues ranging

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